

**FALL**  
**2011**

Kent Parks, Recreation & Community Services  
**Program Guide**

**Classes, Sports, Arts & Entertainment,  
Teen Programs, Adult 50+ Activities**



WebReg Registration **August 15** • Open Registration **August 17**  
**[webreg.ci.kent.wa.us](http://webreg.ci.kent.wa.us) • [KentWA.gov](http://KentWA.gov)**



# 2011 FALL PROGRAM GUIDE

## MAYOR'S MESSAGE



As we head into fall, cooler weather and darker evenings will come upon us. This edition of the Kent Parks, Recreation and Community Services Program Guide offers a wide variety of classes, events and activities to ease the dreariness. Please take a few moments to browse through to discover opportunities for each member of your family. Whether you elect to engage your creative side with art classes, expand your cooking ingenuity, sign up for Yoga, join a sports league, or simply enjoy one of our many professional entertainment productions, I am certain you will find something worthwhile and stimulating.

Many of our activities and events are priced so they can be financially self-supporting. However, thanks to the generosity of our Kent Parks Foundation and numerous community partners, if cost prevents a child from participating, there are scholarships available. Please call **(253) 856-5000** for further information.

Wetter weather also still reminds us of the flood potential for the Green River Valley. The Army Corps of Engineers has worked continuously to repair seepage from the Howard Hanson Dam. Although the Corps has advised me that the improvements have diminished any flood risk, the City remains prepared. I urge everyone to have at least three days of emergency supplies on hand, confirm you are registered with our CODE RED emergency notification system (call **(253) 856-4440** or go online to **KentWA.gov/emergencymanagement**) and have an escape route planned with a place for family members to gather.

Grab your raincoat or sports jersey to enjoy all that fall has to offer in the beautiful Northwest. This is your City, and we are fortunate to call Kent home.

Mayor Suzette Cooke

## City of Kent Parks, Recreation & Community Services Mission Statement

### *"Dedicated to Enriching Lives"*

We are committed to providing safe and inviting parks and facilities, meaningful and diverse recreational programs, cultural activities and human services.

Our staff is responsive, positive and ethical in their dedication to delivering:

**Personal Benefits** that strengthen self esteem, improve health and promote self sufficiency.

**Social Benefits** that bring families together and unite people within our diverse community.

**Economic Benefits** that welcome new business relocation and expansion which leads to a more productive work force and increased tourism opportunities.

**Environmental Benefits** that protect and preserve natural areas, open space and enhance air and water quality.

## STAFF

### CITY OF KENT

Mayor ..... Suzette Cooke  
Chief Administrative Officer ..... John Hodgson

### CITY COUNCIL

Jamie Perry, President  
Elizabeth Albertson                      Ron Harmon  
Dennis Higgins                              Deborah Ranniger  
Debbie Raplee                                Les Thomas

### PARKS COMMITTEE

Deborah Ranniger, Chair;  
Elizabeth Albertson, Dennis Higgins  
Meets: 3<sup>rd</sup> Thursday of every month at 5:00 p.m.

### ARTS COMMISSION

Jack Becvar, Sharona Chandler, Linda Denny,  
Bayard DuBois, Tonya Goodwillie,  
Wendy Johnson, Susan Machler,  
Linda Mackintosh, Sherri Ourada, Dana Ralph,  
Meets: 4<sup>th</sup> Tuesday of every month at 6:00 p.m.

### PARKS ADMINISTRATION

Parks, Recreation & Community  
Services Director ..... Jeff Watling

### DIVISION HEADS

Facilities Superintendent ..... Charlie Lindsey

Golf Maintenance  
Superintendent ..... Pete Petersen  
  
Housing & Human Services  
Manager ..... Katherin Johnson

Parks Planning & Development  
Superintendent ..... Hope Gibson

Parks Maintenance  
Superintendent ..... Garin Lee

Recreation & Cultural Services  
Superintendent ..... Lori Hogan

### Statement of Inclusion

"Everyone in the City of Kent community shall have the opportunity to equally participate in, benefit from, and enjoy the parks and recreation programs and facilities. Our mission is dedicated to enriching the lives of all persons participating in Kent Parks, Recreation and Community Services."

In using City Park Facilities for any adult or youth community athletic program, as that term is defined in RCW 49.60.500, no group may discriminate in program participation on the basis of sex.



### ADA Access

The City of Kent is committed to providing programs and services accessible to individuals with disabilities. Requests for special accommodations will be considered on a case-by-case basis. For TDD users, call 1-800-833-6388; Telebraille, 1-800-833-6385 and voice, 1-800-833-6384. This service provided by Washington State Telecommunications Relay Service at no cost except long distance charges.

## EARLY REGISTRATION

Kent Parks is offering WebReg users the opportunity to register two days earlier than participants faxing, mailing, phoning or walking in their registrations.

**Registration using WebReg, [webreg.ci.kent.wa.us](http://webreg.ci.kent.wa.us) will begin at 12:01 a.m. on Monday, August 15. Open registration Wednesday, August 17.**

To use this system, please have the following ready:

Family PIN, Client Number, Class Course Numbers and a Visa or MasterCard

For more information, please call (253) 856-5000.

*Programs sponsored in cooperation  
with the Kent School District.*

## IN THIS ISSUE:

<b>Preschool Programs</b> .....	4
<b>Youth Programs</b> .....	6
<b>Youth/Teen Programs</b> .....	13
<b>Adaptive Recreation</b> .....	15
<b>Riverbend Golf Course</b> .....	19
<b>Adult Programs</b> .....	20
<b>Fitness</b> .....	26
<b>Cultural Programs</b> .....	27
<b>Adult 50+ Programs</b> .....	31
<b>Kent Commons</b> .....	34
<b>Housing &amp; Human Services</b> .....	35
<b>Parks Planning &amp; Open Space</b> .....	36
<b>Park Facilities</b> .....	37
<b>Activity Locations</b> .....	38
<b>Registration Form</b> .....	39
<b>Pool Schedule</b> .....	39

## Kent Parks, Recreation & Community Services Department

Adaptive Recreation/Kent Commons .....	(253) 856-5030
Administration .....	(253) 856-5100
Cultural Programs .....	(253) 856-5050
Cultural Program Ticket Sales .....	(253) 856-5051
Event Information (Recorded) .....	(253) 856-5060
Facilities .....	(253) 856-5080
Home Repair .....	(253) 856-5065
Human Services .....	(253) 856-5070
Kent Commons Offices/Registration .....	(253) 856-5000
Kent Parks Foundation .....	(253) 856-5099
Kent Senior Activity Center (Adults 50+) .....	(253) 856-5150
Maintenance .....	(253) 856-5120
Planning & Open Space .....	(253) 856-5110
Sports Rainout Line/Inclement Weather .....	(253) 856-5020
TTY (for hearing impaired) .....	(800) 833-6388
Youth & Teen Services .....	(253) 856-5030

**Kent Community Food Bank** .....

**Kent Downtown Partnership** .....

**Kent Meridian Pool** .....

**Kent Valley Ice Centre** .....

### Riverbend Golf Course

Riverbend 18-Hole Course/Tee Time	
Reservations/Information .....	(253) 854-3673
Riverbend Par-3 Course .....	(253) 854-4653
Riverbend Driving Range/Miniature Golf .....	(253) 859-4000

## LETTER FROM THE PARKS DIRECTOR

Hello Kent Residents,

Welcome to another new season and the 2011 Fall Program Guide.

I hope that you find time to access and enjoy the benefits of your parks and recreation system throughout the coming months. The opportunities inside these pages are many and they represent a terrific way to get connected and stay healthy.

Access is increasingly important to us as we deliver programs and services to you. The parks, facilities, and programs that we manage are public assets. As such, we strive to mitigate any barriers, whether physical or financial to their use.

Toward that end, if you find yourself in need, I invite you to utilize our expanded Scholarship Program. Through a partnered effort between the City, The Parks Foundation, local businesses and other generous community partners, our Access to Recreation Initiative has expanded our Scholarship Fund so that more residents can participate and access programs on a sliding-scale basis. Thank you to all of our partners!!!

Like good schools, a strong park system helps to attract businesses, improves the value of our homes, makes our community more livable and vibrant, and keeps us and our kids happy and healthy.

Enjoy your parks and trails this Fall!



Jeff Watling  
Director, Kent Parks, Recreation and Community Services

## Connect with Kent

**Find us on Facebook or  
follow us on Twitter**

**facebook**

**facebook.com/cityofkent**

**twitter**

**@CityofKent**

@kentpd • @kentrecycles • @kenttv21  
@KentParksEvents • @kentarts • @kentseniorctr



**Want the latest  
announcements about  
City activities? Connect  
with Kent on-line through  
KentWA.gov/eAlerts and  
subscribe to the topics that  
interest you.**



# PRESCHOOL PROGRAMS

## PARENTS

Preschool classes for ages 3 and up are designed for children only. Please check with your instructor to learn when the parent observation day will be. If you wish to participate with your child, please register for a parent/tot or parent participation class.

## Activities



### INDOOR PARK (10 mos–4½ yrs)

**Tuesdays, Wednesdays and Thursdays  
from 9:30–11:00 a.m.**

Come and experience our Indoor Park, a traditional outdoor playground brought inside. On Tuesday, Wednesday and Thursday mornings, play with our toys, balls and playground equipment in a dry and safe environment.

Parents are required to supervise their children at all times (maximum of three children per adult). Cost is \$2 per visit for the first child and \$1 for each additional child, or buy a 10-visit pass for \$15. Call (253) 856-5000 for more information.

**Oct.** 11, 12, 13, 18, 19, 20, 25, 26

**Nov.** 1, 2, 3, 8, 9, 10, 15, 16, 17, 29, 30

**Dec.** 6, 7, 8, 13, 14, 15

**Jan.** 3, 4, 5, 10, 11, 12, 17, 18, 19, 24, 25, 26, 31

No Indoor Park: 10/27, 11/22, 11/23, 12/1, 12/20-12/29

### FUN JAPANESE FOR KIDS (Ages 4–6)

Join us for songs, arts and crafts such as origami, dance, games, cooking and more in a language immersion setting. Supply fee \$12 payable to the instructor.

42692	W	3:00 pm-3:50 pm	9/21-12/7
Kent Commons	M. Miyoko		12 sess/\$108

### PLAY TIME PALS (Ages 20–36 mos)

Enjoy time together singing, learning, getting messy and playing in an inclusive preschool class led by an early childhood specialist. Children will develop friendships with a wide variety of peers, some of whom have special needs.

42676	Tu	9:00 am-10:30 am	9/6-10/25*
42677	Tu	11:00 am-12:30 pm	9/6-10/25* 7 sess/\$49

\*No class 9/20

42680	Tu	9:00 am-10:30 am	11/1-12/20
42681	Tu	11:00 am-12:30 pm	11/1-12/20 8 sess/\$56

42686	M, W	9:00 am-10:30 am	9/7-9/28
42687	M, W	11:00 am-12:30 pm	9/7-9/28 7 sess/\$49

42688	M, W	9:00 am-10:30 am	10/3-10/31
42689	M, W	11:00 am-12:30 pm	10/3-10/31

42684	M, W	9:00 am-10:30 am	11/2-11/30
42685	M, W	11:00 am-12:30 pm	11/2-11/30 9 sess/\$63

42690	M, W	9:00 am-10:30 am	12/5-12/21
42691	M, W	11:00 am-12:30 pm	12/5-12/21 6 sess/\$42

42678	Th	9:00 am-10:30 am	9/8-10/27
42679	Th	1:00 pm-2:30 pm	9/8-10/27 8 sess/\$56

42682	Th	9:00 am-10:30 am	11/3-12/22
42683	Th	1:00 pm-2:30 pm	11/3-12/22
SKIP/CTC	Staff		8 sess/\$56

## Creative Arts

### LITTLE MOZART'S MUSIC I (Ages 3–7)

Bring out the musician inside your child with this fun program that starts your Little Mozart on their way to learning rhythm, timing, melody and notation. They'll have fun singing and moving, clapping and tapping with Mozart Mouse, Beethoven Bear and Music Friends. Level 1 of 3.

43408	Tu	2:00 pm-2:55 pm	9/20-11/29*
Kent Commons	S. Anderson		10 sess/\$80

\*No class 10/11

### NEW! LITTLE MOZARTS MUSIC II (Ages 3–7)

The music adventure continues with Mozart Mouse, Beethoven Bear, and music friends as your child learns rhythm, timing, melody, composition, and notation while they sing, move, clap, tap and play classroom instruments. Level 2 of 3. Completion of Level 1 is recommended.

43409	F	10:00 am-10:55 am	9/23-12/9*
Kent Commons	S. Anderson		10 sess/\$80

\*No class 11/11, 11/25

### NEW! LITTLE MOZARTS PIANO I (Ages 4–7)

Music for Little Mozarts, is more than simply piano instruction for young children. Your child will join Mozart Mouse, Beethoven Bear and the Music Friends on a musical adventure, where they will learn keyboard technique and performance, listening, pitch matching, singing, rhythm, movement and music appreciation, using interactive and fun, age appropriate, group instruction. Up to 6 students per class. The purchase of music books and a piano/keyboard at home is required.

#### Ages 4-5

43411	F	11:00 am-11:45 am	9/23-12/9*
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\*No class 11/11, 11/25

#### Ages 6-7

43410	Tu	3:00 pm-3:45 pm	9/20-11/29*
Kent Commons	S. Anderson		10 sess/\$90

\*No class 10/11

### NEW! ART AROUND THE WORLD (Ages 3–5)

Preschoolers (and parent) will discover new art forms from every corner of the world - then make it themselves! New lesson every week. Media includes painting, collage, and sculpture. Supply fee of \$4 payable to instructor.

43032	M	10:00 am-10:45 am	9/12-10/10
43033	M	10:00 am-10:45 am	10/17-11/14
43034	M	10:00 am-10:45 am	11/21-12/19
Kent Commons	S. Gordon		5 sess/\$44

### ALPHABET SOUP (Ages 3–5)

Each week we will focus on two letters. Through show and tell, art projects, songs, games, rhymes and movement we will learn the alphabet together!

42693	W	11:15 am-12:00 pm	9/21-10/26
42694	W	11:15 am-12:00 pm	11/2-12/14*
Kent Commons	J. Martinsons		6 sess/\$48

\*No class 11/23

### MESSY TIME (Ages 2–4)

Come dressed for a mess. Have fun exploring the joy of art using different themes and materials each week. Parents will stay to participate.

42695	W	10:15 am-11:00 am	9/21-10/26
42696	W	10:15 am-11:00 am	11/2-12/14*
Kent Commons	J. Martinsons		6 sess/\$48

\*No class 11/23

# PRESCHOOL PROGRAMS

## PRECIOUS HANDPRINTS

Capture your child's hands forever in a glazed ceramic treasure. This project will take approximately 10 minutes. Appointments must be scheduled at the time of registration and are available every 10 minutes beginning at start time of class. Registration fee is per plaque. Supply fee of \$8 or \$12 (depending on hand size) payable to instructor. For more information please visit [www.precioushandprints.biz](http://www.precioushandprints.biz).

42697	Sa	9:00 am-11:00 am	10/1
42698	Sa	9:00 am-11:00 am	11/19
Kent Commons	P. Eide		1 sess/\$25

## Martial Arts

### LITTLE NINJAS (Ages 3-5)

Your child will learn martial arts, stretching, kicking, pattern and sequence practice. Children receive weekly rewards and monthly stripes. Parents are required to stay during class.

42700	M	4:00 pm-4:45 pm	8/29-9/26*
42701	M	4:00 pm-4:45 pm	10/3-10/24
42702	M	4:00 pm-4:45 pm	10/31-11/21
42703	M	4:00 pm-4:45 pm	11/28-12/19

42704	Tu	9:15 am-10:00 am	9/6-9/27
42705	Tu	9:15 am-10:00 am	10/4-10/25
42706	Tu	9:15 am-10:00 am	11/1-11/22
42707	Tu	9:15 am-10:00 am	11/29-12/20
Fairwood	R. Kay		4 sess/\$60
Martial Arts			

\*No class 9/5

### TINY TIGERS (Ages 3-4)

An introduction to martial arts; balance, strength and coordination, and safety. Games, balls, obstacle courses and more are used to enhance learning. Parent participation is required.

42708	Tu	4:00 pm-4:45 pm	9/6-9/27
42709	Tu	4:00 pm-4:45 pm	10/4-10/25
42710	Tu	4:00 pm-4:45 pm	11/1-11/22
42711	Tu	4:00 pm-4:45 pm	11/29-12/20

42712	Th	4:00 pm-4:45 pm	9/8-9/29
42713	Th	4:00 pm-4:45 pm	10/6-10/27
42714	Th	4:00 pm-4:45 pm	11/3-12/1*
42715	Th	4:00 pm-4:45 pm	12/8-12/29
ACMMA	R. Dye		4 sess/\$35

\*No class 11/24

## Movement

### PARENT/TOT TUMBLING FUN! (Ages 18 mos-3 yrs)

Parents and tots will learn basic tumbling skills and participate in simple games and movements.

42880	W	9:30 am-10:15 am	9/7-11/30*
Kent Commons	M. Murphy-Brown		12 sess/\$72

\*No class 11/23

## GYMNASTICS (16 mos-5 yrs)

Our Parent & Tot class is the ideal place to have organized, safe fun exploring movement with your child in a gymnastics environment. In the Preschool classes your child will be introduced to basic movement and gymnastics.

### Parent and Tot Ages 16 months - 3 years

43281	M	10:00 am-10:45 am	8/29-9/26*
43285	Sa	9:00 am-9:45 am	9/3-10/1*
43282	M	10:00 am-10:45 am	10/3-10/24
43286	Sa	9:00 am-9:45 am	10/8-10/29
43305	Sa	9:00 am-9:45 am	11/5-11/26
43283	M	10:00 am-10:45 am	11/7-11/28
43306	Sa	9:00 am-9:45 am	12/3-12/31
43284	M	10:00 am-10:45 am	12/5-12/26
Hart's	Staff		4 sess/\$50

Gymnastics Center

\*No class 9/5, 9/10

### Preschool Ages 3 - 5 years

43278	M	5:00 pm-5:45 pm	8/29-9/26*
43280	Tu	6:00 pm-6:45 pm	8/30-9/27*
43292	W	5:00 pm-5:45 pm	8/31-9/28*
43296	Th	6:00 pm-6:45 pm	9/1-9/29*
43300	Sa	10:00 am-10:45 am	9/3-10/1*
43301	Sa	11:00 am-11:45 am	9/3-10/1*
43277	Su	1:00 pm-1:45 pm	9/4-10/2*
43287	M	5:00 pm-5:45 pm	10/3-10/24
43289	Tu	6:00 pm-6:45 pm	10/4-10/25
43293	W	5:00 pm-5:45 pm	10/5-10/26
43297	Th	6:00 pm-6:45 pm	10/6-10/27
43274	Sa	11:00 am-11:45 am	10/8-10/29
43302	Sa	10:00 am-10:45 am	10/8-10/29
43365	Su	1:00 pm-1:45 pm	10/9-10/30
43290	Tu	6:00 pm-6:45 pm	11/1-11/22
43294	W	5:00 pm-5:45 pm	11/2-11/23
43298	Th	6:00 pm-6:45 pm	11/3-12/1
43275	Sa	10:00 am-10:45 am	11/5-11/26
43276	Sa	11:00 am-11:45 am	11/5-11/26
43366	Su	1:00 pm-1:45 pm	11/6-11/27
43279	M	5:00 pm-5:45 pm	11/7-11/28
43303	Sa	10:00 am-10:45 am	12/3-12/31
43304	Sa	11:00 am-11:45 am	12/3-12/31
43288	M	5:00 pm-5:45 pm	12/5-12/26
43291	Tu	6:00 pm-6:45 pm	12/6-12/27
43295	W	5:00 pm-5:45 pm	12/7-12/28
43299	Th	6:00 pm-6:45 pm	12/8-12/29
Hart's	Staff		4 sess/\$50

Gymnastics Center

\*No class 9/5-9/11, 11/24

### STARLITES (Age 3)

We'll start with a warm up and then move onto the structured obstacle courses, trampoline, games and finish with circle time.

42728	Tu	11:00 am-11:45 am	9/6-9/27
42729	Th	11:00 am-11:45 am	9/8-9/29

			4 sess \$55
42727	Sa	11:00 am-11:45 am	9/10-9/24

			3 sess/\$42
42730	Tu	11:00 am-11:45 am	10/4-10/25

42731	Th	11:00 am-11:45 am	10/6-10/27
42734	Tu	11:00 am-11:45 am	11/1-11/22

			4 sess/\$55
42733	Th	11:00 am-11:45 am	11/3-11/17

42732	Sa	11:00 am-11:45 am	11/5-11/19
42736	Th	11:00 am-11:45 am	12/1-12/15

42737	Sa	11:00 am-11:45 am	12/3-12/17
42735	Tu	11:00 am-11:45 am	12/6-12/20

Gym Starz	R. Schifano		3 sess/\$42
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Gymnastics

## STARBRITES (Age 4)

Learn the basic foundation of gymnastics using obstacle courses, trampoline, vault, bars, beam and floor. They will also enjoy bubbles, songs and stamps.

42719	Tu	11:00 am-11:45 am	9/6-9/27
42720	Th	11:00 am-11:45 am	9/8-9/29

			4 sess/\$55
42718	Sa	11:00 am-11:45 am	9/10-9/24

			3 sess/\$42
42723	Tu	11:00 am-11:45 am	10/4-10/25

42722	Th	11:00 am-11:45 am	10/6-10/27
42721	Sa	11:00 am-11:45 am	10/8-10/29

42724	Tu	11:00 am-11:45 am	11/1-11/22
			4 sess/\$55

42725	Th	11:00 am-11:45 am	11/3-11/17
42726	Sa	11:00 am-11:45 am	11/5-11/19

43030	Th	11:00 am-11:45 am	12/1-12/15
43031	Sa	11:00 am-11:45 am	12/3-12/17

43029	Tu	11:00 am-11:45 am	12/6-12/20
Gym Starz	Staff		3 sess/\$42

Gymnastics

### TAG ALONG TODDLERS (Ages 1-2)

Your toddler (must be walking) will cruise with you over and through the obstacle courses, jump on the trampoline, catch bubbles and sing songs in this interactive class.

42738	Tu-Th, Sa	10:00 am-10:45 am	9/6-9/30
42739	Tu-Th, Sa	10:00 am-10:45 am	10/4-10/29

			16 sess/\$60
42740	Tu-Th, Sa	10:00 am-10:45 am	11/1-11/30*

			14 sess/\$55
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\*No class 11/22, 11/23, 11/26

42879	Tu-Th, Sa	10:00 am-10:45 am	12/1-12/21
Gym Starz	Staff		12 sess/\$50

Gymnastics

### LITTLE ATHLETES (Ages 3-4)

Come explore soccer, football, baseball, and volleyball. Each week we'll learn a new sport. Emphasis will be placed on team work and good sportsmanship. Now is your chance to find your favorite sport! Parents are encouraged to participate with child.

42716	W	9:20 am-10:05 am	9/21-10/26
42717	W	9:20 am-10:05 am	11/2-12/14*

Kent Commons	J. Martinsons		6 sess/\$38
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\*No class 11/23

### MOVIN' AND GROOVIN'

A parent-child play program designed for children with and without disabilities, involving gross motor play, action songs, singing and parachute time. \$5 discount for second child in the family.

### Ages 15-24 months

42858	F	9:30 am-10:30 am	9/9-10/14
42861	F	9:30 am-10:30 am	10/28-12/16*

### Ages 24-36 months

42859	F	10:45 am-11:45 am	9/9-10/14
42862	F	10:45 am-11:45 am	10/28-12/16*

### Ages 3-4 years

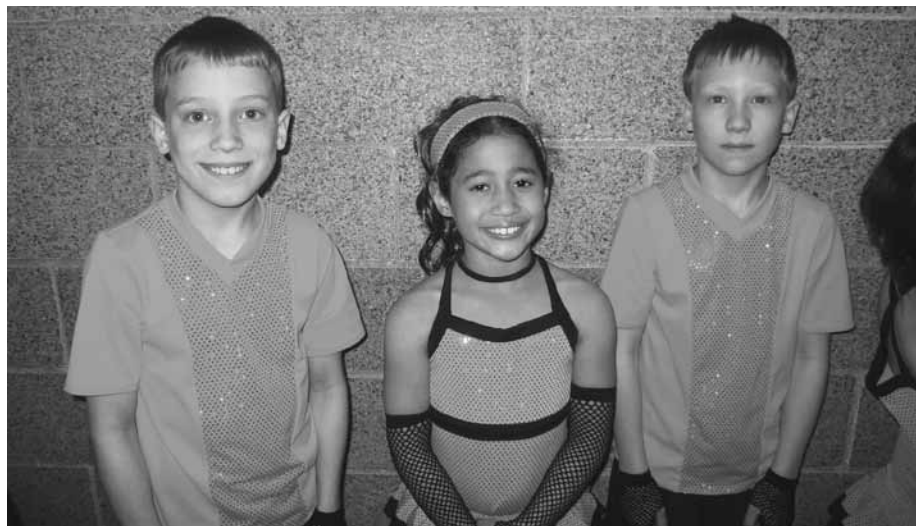
42860	F	12:00 pm-1:00 pm	9/9-10/14
42863	F	12:00 pm-1:00 pm	10/28-12/2*

SKIP/CTC	Staff		6 sess/\$36
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\*No class 11/11, 11/25.

This class meeting address is Children's Therapy Center, 10811 Kent-Kangley Rd, Kent, 98031. Please call (253) 854-5660 with any questions or for directions.

# YOUTH PROGRAMS



## Dance

### MOM'N' ME PRE-BALLET

#### (Ages 3-5)

Together you will learn simple ballet techniques to lively music. Ballet shoes preferred, but not required. Wear comfortable clothing.

42881 Th 10:15 am-11:00 am 9/8-12/1\*  
Kent Commons M. Murphy-Brown 12 sess/\$72  
\*No class 11/24

### PRE-BALLET & TAP

This combination class of ballet and tap includes simple ballet techniques and basic tap shuffles. Pink ballet and black tap shoes required.

#### Ages 4-6

42882 W 5:45 pm-6:45 pm 9/7-11/30\*  
42883 Th 11:00 am-12:00 pm 9/8-12/1\*  
42884 M 11:00 am-12:00 pm 9/12-11/28  
Kent Commons M. Murphy-Brown 12 sess/\$78  
\*No class 11/23, 11/24

#### Ages 5-7

42885 Sa 10:30 am-11:15 am 9/10-12/3\*  
Kent Commons S. Anderson 12 sess/\$78  
\*No class 11/26

### PRE-BALLET & TAP CONTINUING

#### (Ages 4-6)

Must have one full quarter of pre-ballet and tap prior to taking this class.

42906 W 3:45 pm-4:45 pm 9/7-11/30\*  
Kent Commons M. Murphy-Brown 12 sess/\$78  
\*No class 11/23

### PRE-BALLET & TAP LEVEL II

#### (Ages 6-9)

Students must have 9 months to 1 year of pre-ballet & tap. This class will take the student to a higher level in ballet with more technique, terms, grace and an introduction to Lyrical Ballet. Additional combinations in tap and faster, more exciting moves will be introduced.

42887 Sa 11:15 am-12:00 pm 9/10-12/3\*  
Kent Commons S. Anderson 12 sess/\$72  
\*No class 11/26

### BALLET I & TAP (Ages 6-9)

Beginning ballet & tap class that introduces basic steps. Suggested dress: leotards, tights, pink ballet shoes and black tap shoes.

42907 Th 6:00 pm-7:00 pm 9/8-12/1\*  
Kent Commons M. Murphy-Brown 12 sess/\$78  
\*No class 11/24

### PRE-BALLET (Ages 3-6)

Young dancers will develop strength and coordination while having fun discovering the joy of dance. Suggested dress: leotards, tights & ballet shoes (girls - pink, boys - black).

#### Ages 3-4

42888 Tu 2:00 pm-2:45 pm 9/6-11/29  
13 sess/\$78  
42889 W 11:00 am-11:45 am 9/7-11/30\*  
42890 Th 9:30 am-10:15 am 9/8-12/1\*  
42891 M 10:15 am-11:00 am 9/12-11/28  
Kent Commons M. Murphy-Brown 12 sess/\$72  
\*No class 11/23, 11/24

#### Ages 4-6

42894 Tu 3:00 pm-3:45 pm 9/6-11/29  
42895 Tu 5:30 pm-6:15 pm 9/6-11/29  
Kent Commons M. Murphy Brown 13 sess/\$78  
42897 W 10:15 am-11:00 am 9/7-11/30\*  
42898 Th 5:15 pm-6:15 pm 9/8-12/1\*  
Kent Commons M. Murphy Brown 12 sess/\$72  
42893 Sa 9:30 am-10:15 am 9/10-12/3\*  
Kent Commons T. Kirk 12 sess/\$72  
42892 M 9:30 am-10:15 am 9/12-11/28  
Kent Commons M. Murphy-Brown 12 sess/\$72  
\*No class 11/23, 11/24, 11/26

### BALLET I (Ages 6-11)

Beginning ballet class that introduces basic steps. Suggested dress: leotards, tights, and ballet shoes.

42918 Th 4:15 pm-5:15 pm 9/8-12/1\*  
Kent Commons M. Murphy-Brown 12 sess/\$78  
\*No class 11/24

### BALLET III (Ages 14-18)

This is an advanced class for dancers with one full year of Ballet II. Instructor permission is required.

42909 Tu 6:15 pm-7:15 pm 9/6-11/29  
Kent Commons M. Murphy-Brown 13 sess/\$85

### CONTINUING BALLET I (Ages 7-12)

This is a continuing class, you must have three full quarters of Ballet I to be eligible to register.

42908 Tu 4:15 pm-5:15 pm 9/6-11/29  
Kent Commons M. Murphy-Brown 13 sess/\$85

### BEGINNER IRISH SOFT SHOE

#### (Ages 6-16)

Open to first time & beginner dancers. Students will learn the reel & light jig as well as work on proper posture, form & rhythm. Wear comfortable clothing, socks or ballet shoes okay.

42910 Tu 4:00 pm-4:45 pm 9/6-12/6\*  
Kent Commons P. Martig 13 sess/\$107  
\*No class 11/22

### IRISH SOFT SHOE I (Ages 7-16)

Open to dancers who have basic soft shoe skills, reel & light jig. Students will learn the single jig & slip jig and work on proper posture, form & rhythm. Wear comfortable clothing, socks or ballet shoes okay.

42914 Tu 4:45 pm-5:45 pm 9/6-12/6\*  
Kent Commons P. Martig 13 sess/\$143  
\*No class 11/22

### IRISH SOFT SHOE II (Ages 7-16)

Open to dancers who know all four soft shoe dances. Students will learn novice soft shoe steps & Ceili dances. Wear comfortable clothing, Irish ghillies recommended.

42915 Tu 5:15 pm-6:00 pm 9/6-12/6\*  
Kent Commons P. Martig 13 sess/\$107  
\*No class 11/22

### IRISH FAST HARD SHOE

#### (Ages 7-18)

Open to dancers new to hardshoe or working on the fast hard shoe rhythm. Students will learn the traditional treble jig, traditional hornpipe & St. Patrick's Day. Wear comfortable clothing, Irish hard shoes required.

42916 Tu 6:00 pm-6:30 pm 9/6-12/6\*  
Kent Commons P. Martig 13 sess/\$72  
\*No class 11/22



Whole grains have more whole nutrients. Make at least 1/2 your grains whole grains.



## ADVANCED SOFT SHOE (Ages 7–18)

Open to dancers who have a good knowledge of all soft shoe dances. Students will learn advanced soft shoe steps, Ceili dances and original choreography. Wear comfortable clothing, Irish ghillies required.

42917 Tu 6:30 am–7:15 pm 9/6–12/6\*  
Kent Commons P. Martig 13 sess/\$107  
\*No class 11/22

## ADVANCED HARD SHOE (Ages 7–18)

Open to dancers who have demonstrated proficiency in the traditional hard shoe dances. Students will learn the slow hard shoe dances & advanced traditional set dances. Wear comfortable clothing, Irish hard shoes required.

42919 Tu 7:15 pm–8:00 pm 9/6–12/6\*  
Kent Commons P. Martig 13 sess/\$107  
\*No class 11/22

## DANCE TEAM I (Ages 6–10)

Variety of dance experiences and pom pom routines. Basic combinations of beginning level ballet, jazz, hip-hop and cheerleading. Wear comfortable dance attire and black soft sole dance shoes. Pom pom fee of \$14 payable to instructor at first class.

42920 Sa 12:00 pm–12:45 pm 9/10–12/3\*  
Kent Commons S. Anderson 12 sess/\$78  
\*No class 11/26

## DANCE TEAM II (Ages 8–16)

This class is for participants who have had at least one full quarter of Dance Team I.

42921 Sa 12:45 pm–1:30 pm 9/10–12/3\*  
Kent Commons S. Anderson 12 sess/\$78  
\*No class 11/26

## LIL' HIP HOPPERS (Ages 5–7)

These lil' dancers will have a blast learning the basics of this popular dance style to age appropriate music. Wear comfortable dance attire. Black ballet or jazz shoes required.

42912 Sa 10:15 am–11:00 am 9/10–12/3\*  
Kent Commons T. Kirk 12 sess/\$72  
\*No class 11/26

## HIP HOP JAZZ FOR KIDS (Ages 7–9)

Beginning level jazz/hip hop dance, warm up exercises, floor work and learn to coordinate the beat of the music to the dance steps. Wear black ballet shoes.

42924 Th 4:00 pm–5:00 pm 9/8–12/1\*  
Kent Commons S. Anderson 12 sess/\$78  
\*No class 11/24

## HIP HOP (Ages 10–12)

Learn the basics of beginning level hip hop dance. Class includes warm-up exercises, floor work and dancing to the beat. Wear black ballet shoes.

42925 Th 5:00 pm–6:00 pm 9/8–12/1\*  
Kent Commons S. Anderson 12 sess/\$78  
\*No class 11/24

## INTERMEDIATE/ADVANCED HIP HOP (Ages 10+)

Students must have one full year of Hip Hop. Instructor permission required.

42932 Th 7:00 pm–8:00 pm 9/8–12/1\*  
Kent Commons S. Anderson 12 sess/\$78  
\*No class 11/24

## HIP HOP FUNK (Ages 13–16)

Have fun dancing to the beat in this fun, lively, energetic class. Wear black ballet shoes.

42926 Th 6:00 pm–7:00 pm 9/8–12/1\*  
Kent Commons S. Anderson 12 sess/\$78  
\*No class 11/24

## TINY TAP & JAZZ (Ages 4–6)

These tiny dancers will enjoy learning basic tap steps and jazz movements to fun music in the combination class. Black tap and black jazz/ ballet shoes required.

42911 Sa 11:00 am–12:00 pm 9/10–12/3\*  
Kent Commons T. Kirk 12 sess/\$78  
\*No class 11/26

## TAP & HIP HOP JAZZ I (Ages 7–11)

Develop dance skills in this beginner level class, with fun and energetic dancing to upbeat music. No experience necessary. Black tap and jazz/ ballet shoes required.

42899 Th 5:45 pm–6:45 pm 9/8–12/1\*  
Kent Commons T. Kirk 12 sess/\$78  
\*No class 11/24

## TAP & JAZZ I (Ages 6–11)

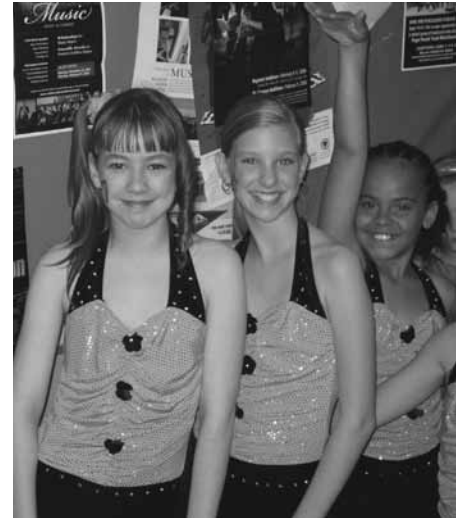
This beginning combination class mixes the best of tap and jazz movements. Black tap and ballet shoes required.

42922 W 4:45 pm–5:45 pm 9/7–11/30\*  
Kent Commons M. Murphy-Brown 12 sess/\$72  
\*No class 11/23

## TAP & HIP HOP JAZZ I & II (Ages 10–18)

This class is designed for continuing Tap & Hip Hop Jazz students, or beginning students with prior dance experience. Black tap and black jazz/ ballet shoes required.

42901 Th 6:45 pm–7:45 pm 9/8–12/1\*  
Kent Commons T. Kirk 12 sess/\$78  
\*No class 11/24



## TAP & JAZZ I & II (Ages 10–15)

This beginning & continuing combination class mixes the best of tap and jazz movements. Black tap and black ballet shoes are required.

42923 W 6:45 pm–7:45 pm 9/7–11/30\*  
Kent Commons M. Murphy-Brown 12 sess/\$78  
\*No class 11/23

## JAPANESE CLASSICAL DANCE I (Ages 4–15)

Enjoy learning traditional Japanese dance movement with music. Please bring kimono or yukata, and tabi socks (short white socks can be substituted). Material rental fee of \$5 payable to instructor.

42927 W 4:40 pm–5:20 pm 9/21–12/7  
Kent Commons M. Monger 12 sess/\$80

## JAPANESE CLASSICAL DANCE II (Ages 4–15)

Enjoy learning traditional Japanese dance movement. Please bring your Kimono or yukata and tabi socks. Material rental fee of \$5 payable to instructor. Instructor approval required for this class.

42929 W 4:00 pm–4:40 pm 9/21–12/7  
Kent Commons M. Monger 12 sess/\$80

## HOLIDAY DANCE RECITAL

All fall dance students will have the opportunity to participate in the Kent Parks Holiday Dance Recital on Saturday, December 10. More information will be distributed in class. Participation is optional. Dance costumes must be purchased and range in price from \$30–\$40. Admission tickets for the recital are \$2 youth and \$4 for adults.

# YOUTH PROGRAMS



## General

### JAPANESE FOR HOMESCHOOLERS (Ages 5-9)

Join us for songs, arts and crafts such as origami, dance games, and much more in a language immersion setting. Supply fee of \$12 payable to instructor.

42928	W	3:00 pm-3:50 pm	9/21-12/7
Kent Commons	M. Monger	12 sess/\$108	

### SAFE AT HOME (Ages 8-12)

Come learn how to be responsible and safe in any situation. We will cover family communication, first aid, Internet, gun, phone and door safety. Parents are invited back for the last half hour of class for a video presentation and discussion.

42931	Sa	3:00 pm-5:00 pm	12/10
Kent Commons	J. Martinsons	1 sess/\$30	

### SUPER SITTERS (Ages 11-16)

Earn your American Red Cross certificate in this all inclusive workshop. Class includes a handbook, emergency reference guide, and CD-Rom with resume, business cards, exercises and more! Bring a lunch and snack to class. Additional kit available from instructor for \$20.

42933	Sa	9:00 am-3:00 pm	12/10
Kent Commons	J. Martinsons	1 sess/\$60	

### YOUNG LADIES & GENTLEMEN (Ages 6-11)

This fun hands-on workshop teaches telephone etiquette, table manners, introductions, personal care and posture. Each student receives a 'goodie' bag to take home.

42930	Sa	9:00 am-12:00 pm	10/22
Kent Commons	L. Savage	1 sess/\$30	

## Gymnastics

### HOLIDAY GYMNASTICS CAMP (Ages 5-13)

Crafts, Seaweed the inflatable, obstacle courses, event gymnastics training and lots of fun are all included. Please bring a water bottle and sack lunch.

42934	M-W	8:00 am-3:00 pm	12/26-12/28
Hart's	H. Staff	3 sess/\$125	
Gymnastics Center		2 children/\$175	

### STARLETS - GIRL'S NOVICE GYMNASTICS (Ages 5-9)

Classes held at Gym Starz Gymnastics will include vault, bars, beam, floor and trampoline.

42935	Tu	4:00 pm-4:55 pm	9/6-9/27
42936	Tu	5:00 pm-5:55 pm	9/6-9/27
42937	Tu	4:00 pm-4:55 pm	10/4-10/25
42938	Tu	5:00 pm-5:55 pm	10/4-10/25
42939	Tu	4:00 pm-4:55 pm	11/1-11/22
42940	Tu	5:00 pm-5:55 pm	11/1-11/22
Gym Starz	R. Schifano	4 sess/\$65	
Gymnastics			

### SUPER STARZ - BOY'S NOVICE GYMNASTICS (Ages 5-9)

Gym Starz Gymnastics will focus on vault, parallel bars, rings, pommel horse, high bar, floor and trampoline.

42941	Tu	4:00 pm-4:55 pm	9/6-9/27
42942	Tu	4:00 pm-4:55 pm	10/4-10/25
42943	Tu	4:00 pm-4:55 pm	11/1-11/22
		4 sess/\$65	
42944	Tu	4:00 pm-4:55 pm	12/6-12/20
Gym Starz	R. Schifano	3 sess/\$49	
Gymnastics			

### BOY'S GYMNASTICS (Ages 6-12)

Learn skills on the six Olympic men's events while also enjoying the trampoline and loose foam pits.

42945	Tu	6:00 pm-6:55 pm	8/30-9/27*
42946	Tu	6:00 pm-6:55 pm	10/4-10/25
42947	Tu	6:00 pm-6:55 pm	11/1-11/22
42948	Tu	6:00 pm-6:55 pm	12/6-12/27
42949	W	5:00 pm-5:55 pm	8/31-9/28*
42950	W	5:00 pm-5:55 pm	10/5-10/26
42951	W	5:00 pm-5:55 pm	11/2-11/23
42952	W	5:00 pm-5:55 pm	12/7-12/28
42953	Th	5:00 pm-5:55 pm	9/1-9/29*
42954	Th	5:00 pm-5:55 pm	10/6-10/27
42955	Th	5:00 pm-5:55 pm	11/3-12/1*
42956	Th	5:00 pm-5:55 pm	12/8-12/29
Hart's	Staff	4 sess/\$58	
Gymnastics Center			

\*No class 9/6, 9/7, 9/8, 11/24



For better health: Drink more water, low fat milk, and less sugared drinks

## GIRL'S GYMNASTICS (Ages 6-12)

At Hart's Gymnastic Center we combine the fun with fitness while offering you the best gymnastic instruction in the Northwest!  
www.hartsgymnastics.com

43368	M	6:00 pm-6:55 pm	8/29-9/26*
43367	M	6:00 pm-6:55 pm	10/3-10/24
43369	M	6:00 pm-6:55 pm	11/7-11/28
43370	M	6:00 pm-6:55 pm	12/5-12/26
43371	Tu	5:00 pm-5:55 pm	8/30-9/27*
43372	Tu	6:00 pm-6:55 pm	8/30-9/27*
43373	Tu	5:00 pm-5:55 pm	10/4-10/25
43374	Tu	6:00 pm-6:55 pm	10/4-10/25
43375	Tu	5:00 pm-5:55 pm	11/1-11/22
43376	Tu	6:00 pm-6:55 pm	11/1-11/22
43377	Tu	5:00 pm-5:55 pm	12/6-12/27
43378	Tu	6:00 pm-6:55 pm	12/6-12/27
43379	W	6:00 pm-6:55 pm	8/31-9/28*
43380	W	6:00 pm-6:55 pm	10/5-10/26
43381	W	6:00 pm-6:55 pm	11/2-11/23
43382	W	6:00 pm-6:55 pm	12/7-12/28
43383	Th	5:00 pm-5:55 pm	9/1-9/29*
43384	Th	6:00 pm-6:55 pm	9/1-9/29*
43385	Th	5:00 pm-5:55 pm	10/6-10/27
43386	Th	6:00 pm-6:55 pm	10/6-10/27
43387	Th	5:00 pm-5:55 pm	11/3-12/1
43388	Th	6:00 pm-6:55 pm	11/3-12/1
43389	Th	5:00 pm-5:55 pm	12/8-12/29
43390	Th	6:00 pm-6:55 pm	12/8-12/29
43391	Sa	10:00 am-10:55 am	9/3-10/1*
43392	Sa	11:00 am-11:55 am	9/3-10/1*
43393	Sa	10:00 am-10:55 am	10/8-10/29
43394	Sa	11:00 am-11:55 am	10/8-10/29
43395	Sa	10:00 am-10:55 am	11/5-11/26
43396	Sa	11:00 am-11:55 am	11/5-11/26
43397	Sa	10:00 am-10:55 am	12/3-12/31
43398	Sa	11:00 am-11:55 am	12/3-12/31
43399	Su	2:00 pm-2:55 pm	9/4-10/2*
43400	Su	2:00 pm-2:55 pm	10/9-10/30
43401	Su	2:00 pm-2:55 pm	11/6-11/27
Hart's	Staff	4 sess/\$58	
Gymnastics Center			

\*No class 9/5-9/11

## Martial Arts

### BEGINNING KARATE FOR HOMESCHOOLERS

Learn the fundamentals with an emphasis on developing balance, coordination and concentration. Basic self-defense techniques will be introduced.

#### Ages 4 - 8

42993	W	2:00 pm-2:45 pm	9/7-9/28
42994	W	2:00 pm-2:45 pm	10/5-10/26
42995	W	2:00 pm-2:45 pm	11/2-11/23
42996	W	2:00 pm-2:45 pm	12/7-12/28

#### Ages 9-14

42997	W	2:45 am-3:30 pm	9/7-9/28
42998	W	2:45 pm-3:30 pm	10/5-10/26
42999	W	2:45 pm-3:30 pm	11/2-11/23
43000	W	2:45 pm-3:30 pm	12/7-12/28
ACMMA	R. Dye	4 sess/\$32	



## KARATE FOR CHILDREN (Ages 5–13)

Programs emphasize developing balance, coordination, concentration and respect for self and others.

### Ages 5–6

42976	M	4:00 pm–4:45 pm	9/5–9/26
42964	W	4:00 pm–4:45 pm	9/7–9/28
42972	M	4:00 pm–4:45 pm	10/3–10/24
42965	W	4:00 pm–4:45 pm	10/5–10/26
42966	W	4:00 pm–4:45 pm	11/2–11/23
42974	M	4:00 pm–4:45 pm	11/7–11/28
42973	M	4:00 pm–4:45 pm	12/5–12/26
42978	W	4:00 pm–4:45 pm	12/7–12/28

### Ages 7–10

42967	Th	5:30 pm–6:15 pm	9/8–9/29
42968	Th	5:30 pm–6:15 pm	10/6–10/27
42969	Sa	11:00 am–11:45 am	9/10–10/1
42970	Sa	11:00 am–11:45 am	10/8–10/29
42971	Th	5:30 pm–6:15 pm	11/3–12/1*
42977	Sa	11:00 am–11:45 am	11/5–11/26
42975	Sa	11:00 am–11:45 am	12/3–12/17
42979	Th	5:30 pm–6:15 pm	12/8–12/29

### Ages 11–13

42980	Tu	4:45 pm–5:30 pm	9/6–9/27
42981	Tu	4:45 pm–5:30 pm	10/4–10/25
42982	Tu	4:45 pm–5:30 pm	11/1–11/22
42983	Tu	4:45 pm–5:30 pm	11/29–12/20
ACMMA	R. Dye		4 sess/\$32

\*No class 11/24

## KENDO-JAPANESE SWORDSMANSHIP (Ages 7–14)

You will develop confidence and learn the culture and etiquette of Japan. Learn basic footwork and Japanese Samurai swordsmanship. Wooden sword is available from instructor for \$15–\$20. Class fee does not include equipment costs for continuing and advanced students. Youth and adult classes are combined.

### Advanced

42986	W	7:10 pm–9:10 pm	9/7–12/14 15 sess/\$90
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### Beginning

42984	M	7:00 pm–7:50 pm	9/12–12/12*
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### Continuing

42985	M	8:00 pm–8:50 pm	9/12–12/12*
Kent Commons	C. Marsten		13 sess/\$78

\*No class 10/31

## MARTIAL ARTS FOR KIDS (Ages 6–12)

Learn the principles of karate: courtesy and manners, self-defense skills and fun. Gain self-confidence, self-control, strength, coordination and most of all, self-esteem.

42989	Tu, Th	4:30 pm–5:30 pm	9/6–9/29
42990	Tu, Th	4:30 pm–5:30 pm	10/4–10/27
42991	Tu, Th	4:30 pm–5:30 pm	11/1–11/22
43422	Tu, Th	4:30 pm–5:30 pm	11/29–12/22
Fairwood	R. Kay		8 sess/\$60

Martial Arts

## Fitness

**NEW!**

### ZUMBATOMIC (Ages 7+)

Designed exclusively for kids, Zumbatomic classes are rockin', high energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love. Open to participants 7 years and older. Registration fee is per participant. Parents are not required to attend class but are encouraged to register as well and make it a fun family experience.

43412	M	4:15 pm–5:00 pm	9/12–9/26 3 sess/\$12
43413	M	4:15 pm–5:00 pm	10/3–10/31 5 sess/\$20
43414	M	4:15 pm–5:00 pm	11/7–11/28 4 sess/\$16
43415	M	4:15 pm–5:00 pm	12/5–12/19 3 sess/\$12
43416	Th	4:15 pm–5:00 pm	9/8–9/29 4 sess/\$16
43417	Th	4:15 pm–5:00 pm	10/6–10/27 4 sess/\$16
43418	Th	4:15 pm–5:00 pm	11/3–11/17 3 sess/\$12
43419	Th	4:15 pm–5:00 pm	12/8–12/29 4 sess/\$16
Kent Commons	S. McClean		4 sess/\$16

## Creative Arts

### ART A LA CARTE (Ages 7–13)

This menu of art projects will give choices to the budding artist who is hungry to express their creativity. Participate in one or all of the following workshops. New projects will be introduced in every class. All supplies included.

#### Cartooning

43001	Sa	10:00 am–12:00 pm	12/3
43005	W	12:00 pm–2:00 pm	12/28

#### Watercolor

43002	Sa	10:00 am–12:00 pm	12/10
43006	Th	12:00 pm–2:00 pm	12/29

#### Oil Pastel

43003	Sa	10:00 am–12:00 pm	12/17
43004	Tu	12:00 pm–2:00 pm	12/27
Kent Commons	C. McNiel		1 sess/\$20

## PAPER ARTS FOR HOMESCHOOLERS (Ages 7–13)

Homeschoolers come and explore the many capabilities of paper and create interesting art in 2D and 3D forms. Students will dabble in paper mache, paper pulp painting and more! Supply fee of \$3 payable to instructor.

43035	M	11:30 am–1:00 pm	9/12–10/10
43036	M	11:30 am–1:00 pm	10/17–11/14
43037	M	11:30 am–1:00 pm	11/21–12/19
Kent Commons	S. Gordon		5 sess/\$50



Make half your plate  
fruits and vegetables.

## ART LESSONS (Ages 7+)

One-on-one art tutoring designed for the beginning to intermediate student. Artist Cathe McNiel is available for lessons in drawing, watercolor, oil pastel, and cartooning. Class is catered to your specific needs and interests. Please specify when registering what your art interests are.

43009	Sa	12:00 pm–12:30 pm	9/10–9/24 3 sess/\$50
43010	Sa	12:30 pm–1:00 pm	9/10–9/24
43011	Sa	1:00 pm–1:30 pm	9/10–9/24
43012	Sa	1:30 pm–2:00 pm	9/10–9/24
43013	Sa	2:00 pm–2:30 pm	9/10–9/24
43014	Sa	12:00 pm–12:30 pm	10/1–10/22
43015	Sa	12:30 pm–1:00 pm	10/1–10/22
43016	Sa	1:00 pm–1:30 pm	10/1–10/22
43018	Sa	1:30 pm–2:00 pm	10/1–10/22
43019	Sa	2:00 pm–2:30 pm	10/1–10/22
43020	Sa	12:00 pm–12:30 pm	11/5–11/19
43021	Sa	12:30 pm–1:00 pm	11/5–11/19
43022	Sa	1:00 pm–1:30 pm	11/5–11/19
43023	Sa	1:30 pm–2:00 pm	11/5–11/19
43024	Sa	2:00 pm–2:30 pm	11/5–11/19
43025	Sa	12:30 pm–1:00 pm	12/3–12/17
43026	Sa	1:00 pm–1:30 pm	12/3–12/17
43027	Sa	1:30 pm–2:00 pm	12/3–12/17
43028	Sa	2:00 pm–2:30 pm	12/3–12/17
Kent Commons	C. McNiel		3 sess/\$50

## DRAWING (Ages 7–12)

Based on popular drawing methods, students gain confidence in drawing through a series of progressive exercises using basic shapes and lines. Students will work at their own level and growing in ability, class after class. Different projects introduced for new and continuing students.

43042	Sa	10:00 am–11:30 am	9/10–9/24
43039	M	4:30 pm–6:00 pm	9/12–9/26 3 sess/\$45
43043	Sa	10:00 am–11:30 am	10/1–10/22
43040	M	4:30 pm–6:00 pm	10/3–10/24 4 sess/\$60
43044	Sa	10:00 am–11:30 am	11/5–11/19 3 sess/\$45
43041	M	4:30 pm–6:00 pm	11/7–11/28 4 sess/\$60
Kent Commons	C. McNiel		4 sess/\$60



# YOUTH PROGRAMS

## PIANO OR VOICE LESSONS CHILDREN & ADULTS

One-on-one lessons, where student will progress at own pace. **Piano for ages 5 & up:** beginners may purchase \$5 book from instructor. **Voice for ages 8 & up:** choose from extensive repertoire.

43167	W	3:00 pm-3:30 pm	9/14-9/28	43214	Th	3:00 pm-3:30 pm	10/6-10/27	43259	F	3:00 pm-3:30 pm	11/4-11/18*
43168	W	3:30 pm-4:00 pm		43215	Th	3:30 pm-4:00 pm		43260	F	3:30 pm-4:00 pm	
43169	W	4:00 pm-4:30 pm		43216	Th	4:00 pm-4:30 pm		43261	F	4:00 pm-4:30 pm	
43170	W	4:30 pm-5:00 pm		43217	Th	4:30 pm-5:00 pm		43262	F	4:30 pm-5:00 pm	
43171	W	5:30 pm-6:00 pm		43218	Th	5:00 pm-5:30 pm		43263	F	5:00 pm-5:30 pm	
43172	W	6:00 pm-6:30 pm		43219	Th	5:30 pm-6:00 pm		43264	F	5:30 pm-6:00 pm	
43173	W	6:30 pm-7:00 pm		43220	Th	6:00 pm-6:30 pm		43265	F	6:00 pm-6:30 pm	
43174	W	7:00 pm-7:30 pm		43221	Th	6:30 pm-7:00 pm		43266	F	6:30 pm-7:00 pm	
43175	W	7:30 pm-8:00 pm		43222	Th	7:00 pm-7:30 pm		43267	F	7:00 pm-7:30 pm	
43176	W	8:00 pm-8:30 pm		43223	Th	7:30 pm-8:00 pm		43268	F	7:30 pm-8:00 pm	
43177	W	8:30 pm-9:00 pm	3 sess/\$53	43224	Th	8:00 pm-8:30 pm		43269	F	8:00 pm-8:30 pm	
				43225	Th	8:30 pm-9:00 pm	4 sess/\$70	43270	F	8:30 pm-9:00 pm	2 sess/\$35
43179	Th	3:30 pm-4:00 pm	9/15-9/29	43226	F	3:00 pm-3:30 pm	10/7-10/28	*No class 11/11			
43180	Th	4:00 pm-4:30 pm		43227	F	3:30 pm-4:00 pm		43133	Th	3:00 pm-3:30 pm	12/1-12/22
43181	Th	4:30 pm-5:00 pm		43228	F	4:00 pm-4:30 pm		43134	Th	3:30 pm-4:00 pm	
43182	Th	5:00 pm-5:30 pm		43229	F	4:30 pm-5:00 pm		43135	Th	4:00 pm-4:30 pm	
43183	Th	5:30 pm-6:00 pm		43230	F	5:00 pm-5:30 pm		43136	Th	4:30 pm-5:00 pm	
43184	Th	6:00 pm-6:30 pm		43231	F	5:30 pm-6:00 pm		43139	Th	5:00 pm-5:30 pm	
43185	Th	6:30 pm-7:00 pm		43232	F	6:00 pm-6:30 pm		43137	Th	5:30 pm-6:00 pm	
43186	Th	7:00 pm-7:30 pm		43233	F	6:30 pm-7:00 pm		43138	Th	6:00 pm-6:30 pm	
43187	Th	7:30 pm-8:00 pm		43234	F	7:00 pm-7:30 pm		43140	Th	6:30 pm-7:00 pm	
43188	Th	8:00 pm-8:30 pm		43235	F	7:30 pm-8:00 pm		43141	Th	7:00 pm-7:30 pm	
43189	Th	8:30 pm-9:00 pm	3 sess/\$53	43236	F	8:00 pm-8:30 pm	4 sess/\$70	43142	Th	7:30 pm-8:00 pm	
43190	F	3:00 pm-3:30 pm	9/16-9/30	43237	F	8:30 pm-9:00 pm		43143	Th	8:00 pm-8:30 pm	4 sess/\$70
43191	F	3:30 pm-4:00 pm						43144	Th	8:30 pm-9:00 pm	
43192	F	4:00 pm-4:30 pm		43239	W	3:00 pm-3:30 pm	11/2-11/30				
43193	F	4:30 pm-5:00 pm		43240	W	3:30 pm-4:00 pm		43145	F	3:00 pm-3:30 pm	12/2-12/23
43194	F	5:00 pm-5:30 pm		43241	W	4:00 pm-4:30 pm		43146	F	3:30 pm-4:00 pm	
43195	F	5:30 pm-6:00 pm		43242	W	4:30 pm-5:00 pm		43147	F	4:00 pm-4:30 pm	
43196	F	6:00 pm-6:30 pm		43243	W	5:30 pm-6:00 pm		43148	F	4:30 pm-5:00 pm	
43197	F	6:30 pm-7:00 pm		43244	W	6:00 pm-6:30 pm		43149	F	5:30 pm-6:00 pm	
43198	F	7:00 pm-7:30 pm		43245	W	6:30 pm-7:00 pm		43150	F	6:00 pm-6:30 pm	
43199	F	7:30 pm-8:00 pm		43271	W	7:00 pm-7:30 pm		43151	F	6:30 pm-7:00 pm	
43200	F	8:00 pm-8:30 pm		43272	W	7:30 pm-8:00 pm		43152	F	7:00 pm-7:30 pm	
43201	F	8:30 pm-9:00 pm	3 sess/\$53	43246	W	8:00 pm-8:30 pm	5 sess/\$88	43153	F	7:30 pm-8:00 pm	
				43247	W	8:30 pm-9:00 pm		43154	F	8:00 pm-8:30 pm	
43203	W	3:00 pm-3:30 pm	10/5-10/26					43155	F	8:30 pm-9:00 pm	4 sess/\$70
43204	W	3:30 pm-4:00 pm		43248	Th	3:00 pm-3:30 pm	11/3-11/17				
43205	W	4:00 pm-4:30 pm		43249	Th	3:30 pm-4:00 pm		43156	W	3:00 pm-3:30 pm	12/7-12/21
43206	W	4:30 pm-5:00 pm		43250	Th	4:00 pm-4:30 pm		43157	W	3:30 pm-4:00 pm	
43207	W	5:30 pm-6:00 pm		43251	Th	4:30 pm-5:00 pm		43158	W	4:00 pm-4:30 pm	
43208	W	6:00 pm-6:30 pm		43252	Th	5:00 pm-5:30 pm		43159	W	4:30 pm-5:00 pm	
43209	W	6:30 pm-7:00 pm		43273	Th	5:30 pm-6:00 pm		43160	W	5:30 pm-6:00 pm	
43210	W	7:00 pm-7:30 pm		43253	Th	6:00 pm-6:30 pm		43161	W	6:00 pm-6:30 pm	
43211	W	7:30 pm-8:00 pm		43254	Th	6:30 pm-7:00 pm		43162	W	6:30 pm-7:00 pm	
43212	W	8:00 pm-8:30 pm		43255	Th	7:00 pm-7:30 pm		43163	W	7:00 pm-7:30 pm	
43213	W	8:30 pm-9:00 pm	4 sess/\$70	43256	Th	7:30 pm-8:00 pm		43164	W	7:30 pm-8:00 pm	
				43257	Th	8:00 pm-8:30 pm	3 sess/\$53	43165	W	8:00 pm-8:30 pm	
				43258	Th	8:30 pm-9:00 pm		43166	W	8:30 pm-9:00 pm	3 sess/\$53
								Kent Commons		C. D'Ambrosio	



Children need 5 servings (for a total of 3-5 cups) of fruits and vegetables/day!

# YOUTH PROGRAMS/SPORTS

## GUITAR LESSONS FOR BEGINNERS (Ages 10+)

One-on-one lesson designed for the beginning student with less than a year of experience in acoustic or electric guitar. Class covers basic techniques, hand position, fingering, tuning and care. Please bring your guitar to class.

43054	Tu	3:00 pm-3:30 pm	9/6-9/27	43086	Tu	3:00 pm-3:30 pm	11/1-11/29
43055	Tu	3:30 pm-4:00 pm		43087	Tu	3:30 pm-4:00 pm	
43056	Tu	4:00 pm-4:30 pm		43088	Tu	4:00 pm-4:30 pm	
43057	Tu	4:30 pm-5:00 pm		43089	Tu	4:30 pm-5:00 pm	
43058	Tu	5:00 pm-5:30 pm		43090	Tu	5:00 pm-5:30 pm	
43059	Tu	5:30 pm-6:00 pm		43097	Tu	5:30 pm-6:00 pm	
43093	Tu	6:00 pm-6:30 pm		43091	Tu	6:00 pm-6:30 pm	
43095	Tu	6:30 pm-7:00 pm		43092	Tu	6:30 pm-7:00 pm	
43060	Tu	7:00 pm-7:30 pm	4 sess/\$68	43098	Tu	7:00 pm-7:30 pm	5 sess/\$85
43045	M	3:00 pm-3:30 pm	9/12-9/26	43078	M	3:00 pm-3:30 pm	11/7-11/28
43046	M	3:30 pm-4:00 pm		43079	M	3:30 pm-4:00 pm	
43047	M	4:00 pm-4:30 pm		43080	M	4:00 pm-4:30 pm	
43048	M	4:30 pm-5:00 pm		43094	M	4:30 pm-5:00 pm	
43049	M	5:00 pm-5:30 pm		43081	M	5:00 pm-5:30 pm	
43050	M	5:30 pm-6:00 pm		43082	M	5:30 pm-6:00 pm	
43051	M	6:00 pm-6:30 pm		43083	M	6:00 pm-6:30 pm	
43052	M	6:30 pm-7:00 pm		43084	M	6:30 pm-7:00 pm	
43053	M	7:00 pm-7:30 pm	3 sess/\$51	43085	M	7:00 pm-7:30 pm	4 sess/\$68
43061	M	3:00 pm-3:30 pm	10/3-10/24	43099	M	3:00 pm-3:30 pm	12/5-12/19
43062	M	3:30 pm-4:00 pm		43100	M	3:30 pm-4:00 pm	
43063	M	4:00 pm-4:30 pm		43101	M	4:00 pm-4:30 pm	
43064	M	4:30 pm-5:00 pm		43102	M	4:30 pm-5:00 pm	
43065	M	5:00 pm-5:30 pm		43103	M	5:00 pm-5:30 pm	
43066	M	5:30 pm-6:00 pm		43104	M	5:30 pm-6:00 pm	
43067	M	6:00 pm-6:30 pm		43105	M	6:00 pm-6:30 pm	
43068	M	6:30 pm-7:00 pm		43106	M	6:30 pm-7:00 pm	
43069	M	7:00 pm-7:30 pm	4 sess/\$68	43107	M	7:00 pm-7:30 pm	3 sess/\$51
43074	Tu	3:00 pm-3:30 pm	10/4-10/25	43108	Tu	3:00 pm-3:30 pm	12/6-12/20
43073	Tu	3:30 pm-4:00 pm		43109	Tu	3:30 pm-4:00 pm	
43072	Tu	4:00 pm-4:30 pm		43110	Tu	4:00 pm-4:30 pm	
43071	Tu	4:30 pm-5:00 pm		43111	Tu	4:30 pm-5:00 pm	
43070	Tu	5:00 pm-5:30 pm		43112	Tu	5:00 pm-5:30 pm	
43096	Tu	5:30 pm-6:00 pm		43113	Tu	5:30 pm-6:00 pm	
43075	Tu	6:00 pm-6:30 pm		43114	Tu	6:00 pm-6:30 pm	
43076	Tu	6:30 pm-7:00 pm		43115	Tu	6:30 pm-7:00 pm	
43077	Tu	7:00 pm-7:30 pm	4 sess/\$68	43116	Tu	7:00 pm-7:30 pm	
				Kent Commons	J. Buck		3 sess/\$51



Please note that adult and youth sports league and participation fees have been increased to include a 9.5% sales tax as legally required by the State of Washington.

## Sports Dates

**Registration forms for upcoming sports programs will be available at local Kent schools and the Kent Commons.**

Recreational programs for youth in the City of Kent or Kent School District in unincorporated King County

Sport	Reg. Opens	Reg. Deadline	Jamboree	Season End
<b>Youth Basketball</b>				
Coed 1/2 Grade	Early Oct.	2nd Mo in Dec		Early March
Boy's/Girl's 3/6 Grade	Early Sept.	1st Mo in Nov.	Fr/Sa after New Year	Early March
Boy's 7/8 Grade	Early Oct.	Last Mo in Nov.	3rd Th in January	Mid-March
<b>Baseball/Softball</b>				
T-Ball (pre K/K)	Early Dec.	Last Mo in February	3rd Sa in April	Mid-June
Toss Ball (1/2 Grade)	Early Dec.	Last Mo in February	3rd Sa in April	Mid-June
Boy's Baseball 3/6 Grade	Early Jan.	1st Mo in March	1st Sa in May	Late June
Boy's Baseball 7/12 Grade	Early Jan.	1st Mo in April	3rd Th in May	Mid-July
Girl's Softball 3/12 Grade	Early Jan.	3rd Mo in March	3rd Sa in May	Late June
<b>Youth Soccer</b>				
Co-ed Pre-K (3/4 Yrs. old)	Late May	1st Mo in August	2nd Sa after Labor Day	Mid-Nov.
Co-ed (K/1)	Late May	1st Mo in August	2nd Sa after Labor Day	Mid-Nov.
Boy's/Girl's 2/6 Grade	Late May	1st Mo in August	Sa after Labor Day	Early Nov.
<b>Boy's Flag Football 4/7 Grade</b>	Early June	4th Mo in August	1st Tu in October	Mid-Nov.
<b>Girl's Volleyball 7/12 Grade</b>	Early June	1st Tu in September	2nd Fr in October	
<b>Jr. Hoopsters 1/2 Grade</b>	Early June	4th Mo in August	None—Program is Mondays in Oct.	



## Youth Sports

### JR HOOPSTERS BASKETBALL PROGRAM (1/2)

Instructional basketball program for boys and girls in grades 1-2. Have fun and learn the fundamentals of basketball. Deadline to register is August 22, 2011. Program runs for five weeks, Sept. 26 to Oct. 24, and is limited to 40 participants per session. Volunteer coaches are needed. For more information call (253) 856-5000.

41600	M	5:30 pm-6:30 pm	9/26-10/24
41601	M	6:30 pm-7:30 pm	9/26-10/24
Kent Commons			5 sess/\$40

### GIRL'S BASKETBALL (3/4/5/6)

A recreational basketball league for all girls in the City of Kent or the Kent School District in unincorporated King County attending 3/4/5/6 grade during the 2011-2012 school year. Practices start in December. Games are played January-March at local area gyms. Girls will be placed on a team in their grade level. **Deadline to register is November 7.**

<b>3rd grade:</b>	42656	\$50
<b>4th grade:</b>	42657	\$50
<b>5th grade:</b>	42658	\$50
<b>6th grade:</b>	42659	\$50

### BOY'S BASKETBALL (3/4/5/6)

A recreational basketball league for all boys in the City of Kent or the Kent School District in unincorporated King County attending 3/4/5/6 grade during the 2011-2012 school year. Practices start in December. Games are played January-March at local area gyms. Boys will be placed on a team in their own grade level. **Deadline to register is November 7.**

<b>3rd grade:</b>	42661	\$50
<b>4th grade:</b>	42662	\$50
<b>5th grade:</b>	42663	\$50
<b>6th grade:</b>	42664	\$50

### BOY'S MIDDLE SCHOOL BASKETBALL (7/8)

This program is for those boys who did not make the 2011-2012 Middle School Team, this includes Home Team, Fifth Quarter and Travel Squad. Registrants must reside within the City of Kent, or Kent School District in unincorporated King County. All games will be played on weekday evenings and some Saturdays. Season begins the week of January 23. You must be pre-registered. **Deadline to register is November 21.**

<b>7th grade:</b>	42665	\$65
<b>8th grade:</b>	42666	\$65

### BOYS BASKETBALL CAMP KENTRIDGE

Learn and improve your basketball skill with Dave Jamison and the Kentridge High School Boys Basketball team. Camp will be held at Kentridge High School on Saturday December 17 from 1:00 pm - 4:00 pm. Camp T-shirt is included with registration.

42669	Sa	1:00 pm-4:00 pm	12/17
Kentridge High School		D. Jamison 1 sess/\$25	

### GIRLS BASKETBALL CAMP KENTRIDGE

Learn and improve your basketball skills at basketball camp held at Kentridge High School. Camp T-shirt included. **Registration deadline is one week before each camp.**

42660	Sa	9:00 am-12:00 pm	12/17
Kentridge High School		B. Sandall 1 sess/\$25	

### NEW PROGRAM COED BASKETBALL (1/2)

A recreational basketball league for boys and girls (coed) in the City of Kent or the Kent School District in unincorporated King County attending 1st/2nd grade during the 2011-2012 school year. Boys and girls will be placed on a team in their own grade level. The program is eight weeks long starting January 14, 2012. Practices are on the first two Saturdays with games on the remaining six Saturdays. 1st and 2nd grade leagues may be combined. **Deadline to register is December 12, 2011.**

<b>Grade 1:</b>	43471	\$45
<b>Grade 2:</b>	43472	\$45

### YOUTH FLAG FOOTBALL

Recreational program for youth (attending grades 3/4 and 5/6 during the 2011-2012 school year) in the City of Kent or Kent School District in unincorporated King County. Season runs October through mid-November. **Deadline to register is August 22.**

<b>Grades 3/4</b>			
41598	Tu/We/Th	Wilson Playfields	\$45
<b>Grades 5/6</b>			
41599	Tu/We/Th	Wilson Playfields	\$45

### YOUTH SPORTS OFFICIALS WANTED

Kent Parks, Recreation & Community Services is looking for new and experienced youth sports officials. Must be 14 years of age or older. If you are interested in officiating soccer, flag football, basketball, volleyball, or umpiring baseball or fastpitch, please call (253) 856-5000.

### PAT POWERS VOLLEYBALL CLINIC

Experience over twenty years of playing and coaching experience with one of the 'founding fathers' of modern day volleyball. Learn secrets from one of the best in the game, including putting spin on a ball to increase control, how to snap a ball instead of hitting it and putting 'pop' on your serves. Ages 13 to adult.

41176	Sa-Su	12/10-12/11
Kent Commons P. Powers		2 sess/\$140

### GIRLS FALL JR. VOLLEYBALL (Grades 7/8, 9-12)

Recreational play for girls in Grades 7-12. Teams are limited to 10 players. Practices and games are week nights. September-November. **Deadline to register is September 6.**

41428	Grades 7/8	\$50
41429	Grades 9-12	\$50

#### Rob Satow Memorial Fund:

Kent Parks, Recreation and Community Services established a fund in memory of Rob Satow, a long-time coach for Kent Parks youth sports teams.

#### John Staley Scholarship Fund:

A fund was established in John Staley's memory to help children that need financial assistance to participate in sports.

#### If you'd like to contribute to either of these funds:

Please call (253) 856-5000 or send contributions to:  
Kent Parks, Recreation & Community Services [Fund Name]  
525 4th Ave. N.  
Kent, WA 98032.

## YOUTH SPORTS SPONSORSHIP

Interested in supporting a youth sports team and promoting your business at the same time? A \$150 Youth Team Sponsorship benefits the youth in our community. A sponsorship allows fees to remain affordable, insures that all participants will have safe, high quality equipment, shows community involvement AND advertises your business.

Please contact Kyle Nearhood at (253) 856-5000 or visit [KentWA.gov/sportsleagues](http://KentWA.gov/sportsleagues) for more information.

## 2011 **FREE!** Football/ Football CHALLENGE Tuesday, Sept. 13

Wilson Playfields - Upper Field

Registration 5:30-6:15 p.m. Competition begins at 6:30 p.m.

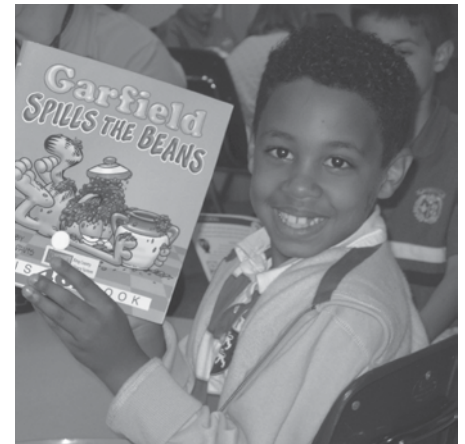
### SOCCER SKILLS COMPETITION

Free competition for kids 14 years old and under. Participants compete in three skill categories; dribbling, goal shots and kick accuracy. Each participant receives one throw-in & kick for distance and accuracy, one dribbling for time and two goals shots. Only tennis shoes are allowed. Winners of each age/gender category advance to regional/state competition.

### NFL PUNT, PASS & KICK

This free competition is open to boys and girls 6-15 years of age. Each contestant will compete in three categories: Punting, passing and kicking (using a kicking tee). Pre-registration is not required.

## Youth/Teen Programs



### AFTER SCHOOL ENERGY

Looking for a fun-filled afternoon for your K-6th grader? We offer a variety of HIGH ENERGY activities at 8 local elementary schools that will get your child up and active and having a ton of fun while doing it - for FREE! No program on conference days, late start or early dismissal days. Check out our new Early Dismissal Camp. Parent must fill out specific registration form prior to attending. Please call 253-856-5030 for more information.

#### PARK ORCHARD ELEMENTARY

42838 Tu After school-5:00 pm 9/13-12/13  
M. McCaughan Free

#### MEADOW RIDGE ELEMENTARY

42839 Tu After school-5:00 pm 9/13-12/13  
M. McCaughan Free

#### PANTHER LAKE ELEMENTARY

42841 W After school-5:00 pm 9/14-12/14  
M. McCaughan Free

#### SCENIC HILL ELEMENTARY

42840 W After school-5:00 pm 9/14-12/14  
M. McCaughan Free

#### HORIZON ELEMENTARY

42842 Th After school-5:00 pm 9/15-12/15  
M. McCaughan Free

#### KENT ELEMENTARY

42843 Th After school-5:00 pm 9/15-12/15  
M. McCaughan Free

#### PINE TREE ELEMENTARY

42844 F After school-5:00 pm 9/16-12/16  
M. McCaughan Free

#### EAST HILL ELEMENTARY

42845 F After school-5:00 pm 9/16-12/16  
M. McCaughan Free

**NEW!**

**Look for youth/teen after school and evening programs coming to the West Hill in Fall of 2011. For more information, call (253) 856-5030.**



### HOLIDAY CAMP 2011

A fun-filled camp for kids ages 6-12 (K-6th grade) who are looking for all-day activities during Kent School District's winter break. Field trip for the first week will be a PG-rated movie at a local theater, second week field trip TBD. For more information please call (253) 856-5030. Full payment is needed to reserve your child's space and we offer a \$5 discount for the second child in the family.

#### Week 1

Our field trip this week will be a PG-rated movie at a local theater.

42836 W-F 7:00 am-6:00 pm 12/21-12/23  
Kent Commons M. McCaughan 3 sess/\$78

#### Week 2

Stay tuned for what fun is planned for this week's field trip!

42837 Tu-F 7:00 am-6:00 pm 12/27-12/30\*  
Kent Commons M. McCaughan 4 sess/\$104

\* No camp 12/26.

**NEW!**

### EARLY DISMISSAL CAMP

Looking for a safe and fun place to send your child on one of the Kent School District early dismissal days? Look no further. New this year we will offer a camp at a location to be determined soon. Please call the Youth and Teen Division at (253) 856-5030 for dates and times. Cost is \$25 per day.



# YOUTH/TEEN PROGRAMS

## After-School **All-Stars**

**Join the Club!**

All-Stars is a middle school recreation program for students at Mill Creek and Meridian Middle Schools. Students must register, but the program is free! Activities at most schools include sports and cooking.

**Program starts the week of September 12.**

For more information call (253) 856-5030 or go to [www.kentteens.com](http://www.kentteens.com).

**Mondays & Wednesdays at Mill Creek Middle School .....3:00–5:30 p.m.**

**Tuesdays & Thursdays at Meridian Middle School .....3:00–5:30 p.m.**

## Kent Parks Community Center

**11000 SE 264th**

Whether you're looking to get involved, get in shape or just hang out, we offer something for everyone

**Full Court Basketball • Breakdancing •  
Video Game Room • Music Studio and More**

Ages 7th grade through 19 years of age  
I.D. is required. School ASB card or Drivers License. No hats allowed.

**Program Opens Monday, September 12**

**Monday–Thursday, 4:30–9:00 p.m.**

**Friday, 4:30–9:45 p.m.**

**Saturday, 5:30–9:45 p.m.**



Be sure to check us out at [kentteens.com](http://kentteens.com) for pictures, program updates and upcoming special events

## TEEN EMPLOYMENT INTERNSHIPS (Ages 16–18)

Teen Internship Program (TIPs). Are you looking for a different kind of employment experience? Would you like an opportunity to work in a professional office environment? The TIPs program offers that opportunity. As an intern for the City of Kent, you will experience working with professionals. Several departments participate in the internship program including the Office of the Attorney, Municipal Courts, the Kent Commons and more. Internships are paid, temporary positions providing 100 hours of work at minimum wage. You can apply online at [KentWA.gov](http://KentWA.gov) or you may pick up an application at any City of Kent facility. We believe in the school-to-work philosophy, so your grades and attendance will be considered. No experience is necessary. We are an Equal Opportunity Employer. Deadline for fall quarter is September 23. Applications are accepted at any time. Apply today!



## "BIG BLUE"

**Mobile Technology Bus**

**Fall 2011 Schedule**

**SEPTEMBER 6–DECEMBER 16**

**SEPT. 6–OCT. 7**

**Monday:** Atrium Apartments

**Tuesday:** Circle K Mobile Homes

**Wednesday:** Vallee Kee Apartments

**Thursday:** Parkwood Apartments

**Friday:** Riverwood Apartments

**OCT. 10–NOV. 10**

**Monday:** Cascade Square Apartments.

**Tuesday:** Park Place Apartments

**Wednesday:** Washington Park Apartments

**Thursday:** Kent Terrace Apartments

**Friday:** Arbor Chase Apartments

**NOV. 14–DEC. 16**

**Monday:** Kentbrook Apartments

**Tuesday:** Southwood Square Apartments

**Wednesday:** Appian Way Apartments

**Thursday:** Birch Creek Apartments

**Friday:** Cascade Apartments

## Worldwide Day of Play

**Saturday, September 24**

Turn off the TV/Video Games and join us for an evening of games, face painting, music, art project and a healthy snack!

Fun for the entire family.

5:00 p.m.–8:00 p.m.

at Kent Parks Community Center,  
11000 S.E. 264th

For more info call (253) 856-5030

**Meridian Middle School**

## Latenight

**Calling all 7th grade  
to 19 year olds!**

**Tuesdays from  
5:30-9:00 p.m.**

**we offer a FREE OPEN GYM at**

**Meridian Middle School,  
23480 120th Ave. S.E.**

**Bring all your friends and your I.D.**

**Starts September 13**



# ADAPTIVE RECREATION

## MARY LOU BECKER MEMORIAL FUND

A memorial fund has been established in memory of our dear friend and co-worker, Mary Lou Becker. This fund is used to assist people in need to participate in recreation programs. If you would like to donate, call (253) 856-5030 or send contributions to **Adaptive Recreation • Mary Lou Becker Memorial Fund, 525 4th Ave. N., Kent, WA 98032.**

**FALL REGISTRATION  
for Adaptive Recreation begins  
August 17 at 8:00 a.m.**

## STUDIO 315

Studio 315 is a social club with activities including dances, talent shows, casino nights and holiday parties. All functions begin at 7:00 pm and end at 9:00 pm, unless otherwise noted.

42846 F 7:00 pm-9:00 pm 9/9-12/16\*  
Kent Commons L. Wagie 11 sess/\$60  
\*No Club 10/7, 11/11, 11/25, 12/2.

### ADAPTIVE RECREATION 525 4th Ave. N. Kent, WA 98032

The Adaptive Recreation Division offers a full range of programs and services for citizens with and without disabilities in our community. Please call (253) 856-5030 for information or details about specific programs.

### STATEMENT OF INCLUSION

"Everyone in the City of Kent community shall have the opportunity to equally participate in, benefit from, and enjoy the parks and recreation programs and facilities. Our mission is dedicated to enriching the lives of all persons participating in Kent Parks, Recreation and Community Services."

### PLEASE NOTE:

Program staff provide leadership during activities, however if 1:1 support is necessary to provide for personal needs beyond general program instruction, a support person is welcome to attend at no additional cost. Please call Adaptive Recreation at (253) 856-5030 for more information.

### METRO ACCESS USERS!

Please remember your rides should be scheduled no more than 30 minutes before and no more than 30 minutes after a program. Failure to comply may result in additional charges to your account.

### September

- 2 **No Club**
- 9 **Wild Hair**  
We will kick off the fall quarter by bringing your wild side to the dance floor. Make your hair crazy. Prizes will be given throughout the night.
- 16 **Pizza and Dancing**  
Bring \$4 for pizza and pop. We will dance after we eat.
- 23 **PajamaRama**  
Wear your favorite pajamas and dance the night away. We will have a breakfast snack.
- 30 **Reggae Party**  
Braid your hair, put on the tie-dye and groove to the sweet sounds of Bob Marley.

### October

- 7 **No Club**
- 14 **Tattoos and Tunes**  
Stop by our temporary tattoo parlor for a cool tat and hit the dance floor for some cool tunes! The DJ will be taking requests, so you may bring a CD if you like.
- 21 **Harvest Hoedown**  
If country is your thing and swinging is your game, you won't want to miss this night of dancing.
- 28 **Halloween Party**  
Wear your scariest costume and enjoy some candy treats.

### November

- 4 **Sports Night**  
Don your favorite team apparel or celebrate your victories by wearing your Special Olympics medals.
- 11 **No Club**
- 18 **Karaoke Night**  
Bring your own music to sing along with or find it here. Enjoy a night of entertainment and friends.

25 **No Club**

### December

- 2 **No Club**
- 9 **Evergreen Women's Chorale**  
Enjoy the sweet sounds of the Evergreen Women's Chorale and enjoy cookies and punch.
- 16 **Holiday Dance Party**  
Join us for the end of the quarter holiday dance and party. We will serve refreshments and enjoy the festivities. Santa may even make an appearance with gifts for all.  
**\*\*This is the last night of the quarter. See you in January!**



# ADAPTIVE RECREATION

## Community Exploration

### PUYALLUP FAIR

Let's do the Puyallup and enjoy all the food, fun, games, animals and rides. Please bring \$11 for admission. Bring \$12 for lunch or pack a sack lunch. Extra money for rides, games, souvenirs or treats are optional.

42847 W 10:00 am-3:00 pm 9/21  
Kent Commons L. Hosford 1 sess/\$20

### MOVIE AND LUNCH

We will catch the latest blockbuster and then have lunch. Please bring \$8 for admission into the movie. You may pack a sack lunch or bring \$12 to buy one. Extra money for movie snacks are optional (\$10 is suggested).

42848 W 10:00 am-3:00 pm 10/5  
Kent Commons L. Hosford 1 sess/\$20

### MARIS FARM DAY

We will head to Maris Farm in Buckley for a day of fun on the farm. Please bring \$10 for admission and a pumpkin. You will need to dress for the weather and be prepared to get muddy and be outside all afternoon. We will go rain or shine.

**\*NOT WHEELCHAIR ACCESSIBLE.**

42849 W 10:00 am-3:00 pm 10/19  
Kent Commons L. Hosford 1 sess/\$20

### ACME BOWL AND LUNCH

We will bowl first and then head to the Westfield Mall at Southcenter to enjoy lunch at their food court. Price of the trip includes your two games of bowling. You may pack a sack lunch, or bring \$10 to buy lunch.

42850 W 10:30 am-3:30 pm 11/9  
Kent Commons L. Hosford 1 sess/\$30

### BREAKFAST AT IHOP & HOLIDAY SHOPPING

We will start with breakfast at Ihop and then head to the Auburn SuperMall for some holiday shopping. Don't forget your shopping list. Please bring \$15.00 for your breakfast (includes meal, drink and gratuity). Money for shopping is optional.

42851 W 8:30 am-1:30 pm 11/30  
Kent Commons L. Hosford 1 sess/\$20



## Trips & Tours

### A DAY ON THE FARM

We will take a trip to a local Kent Farm and explore the land. Please bring \$10 for admission and \$10 - \$12 for lunch or pack a sack lunch.

**\*NOT WHEELCHAIR ACCESSIBLE.**

42875 Sa 10:00 am-3:00 pm 9/24  
Kent Commons L. Wagie 1 sess/\$20

### SNOQUALMIE VALLEY RAILROAD

Join us for a ride on the 'Halloween train' through the upper Snoqualmie Valley. We will visit the Northwest Railway Museum after the train ride. Ticket price is included in the trip price. Bring \$10 for lunch or pack a sack lunch.

**\*NOT WHEELCHAIR ACCESSIBLE.**

42876 Sa 9:30 am-3:30 pm 10/29  
Kent Commons L. Wagie 1 sess/\$35

### BRUNCH & A MOVIE

Enjoy breakfast out with your friends and then take in a movie at a local bargain theater. Please bring \$20 for breakfast and movie admission.

Extra money for movie snacks are optional (\$10 is suggested). **\*NOT WHEELCHAIR ACCESSIBLE.**

42877 Sa 9:00 am-2:00 pm 11/19  
Kent Commons L. Wagie 1 sess/\$20

### VICTORIAN COUNTRY CHRISTMAS FAIR

Visit yesteryear at the Puyallup Fairgrounds and get into the holiday spirit. Please bring \$10 for admission and \$10 to buy lunch or pack a sack lunch. **\*NOT WHEELCHAIR ACCESSIBLE.**

42878 Sa 10:00 am-3:30 pm 12/3  
Kent Commons L. Wagie 1 sess/\$20





## Creative Arts CREATIVE ARTSPACE

Yes I can! It's all about three dimensional art - from aluminum and clay, to cardboard and more. We will have our hands full with fun and surprises.

42854	Tu	10:00 am-12:00 pm	9/20-11/29*
42855	Th	10:00 am-12:00 pm	9/22-12/1**
Kent Commons		C. Hagen	10 sess/\$90
*No class 11/22			
**No class 11/24.			

## I'VE GOT RHYTHM

Create your own kind of music and movements inspired by cultures from around the world.

42866	Tu	6:30 pm-8:00 pm	9/20-11/29*
Kent Commons	Staff		10 sess/\$58
*No class 11/22.			

## Health & Fitness

### MOVIN' AND GROOVIN'

A parent-child play program designed for children with and without disabilities, involving gross motor play, action songs, singing and parachute time. \$5 discount for second child in the family.

#### Ages 15-24 months

42858	F	9:30 am-10:30 am	9/9-10/14
42861	F	9:30 am-10:30 am	10/28-12/16*

#### Ages 24-36 months

42859	F	10:45 am-11:45 am	9/9-10/14
42862	F	10:45 am-11:45 am	10/28-12/16*

#### Ages 3-4 years

42860	F	12:00 pm-1:00 pm	9/9-10/14
42863	F	12:00 pm-1:00 pm	10/28-12/16*
SKIP/CTC		Staff	6 sess/\$36
*No class 11/11, 11/25.			

### FLEXI-FIT & FUN

This creative fitness program focuses on improving strength, balance, coordination and endurance.

42864	M	2:30 pm-3:30 pm	9/19-11/28*
42865	M	3:45 pm-4:45 pm	9/19-11/28*
Kent Commons		L. Wagie	10 sess/\$50
*No class 11/21.			

## Technology

### ACCESS THE FUTURE COMPUTER CLASS

A computer class designed for individuals with developmental and/or physical delays. Class meets at the Kent Senior Activity Center in the computer training lab.

42856	M	2:30 pm-4:00 pm	9/19-11/28*
42857	Tu	3:30 pm-5:00 pm	9/20-11/29**
Kent Senior Activity Center		J. McLaughlin	10 sess/\$50
*No class 11/21.			
**No class 11/22.			

## SERVICES

### • M.S. Support Group

Monthly meetings are held at the Kent Senior Activity Center (600 E. Smith St.) the 3rd Thursday of each month, from 10:00 a.m. until 12:00 noon.

Fall schedule: 9/15, 10/20, 11/17, 12/15. For more information, please contact Lisa Boon at (253) 630-1722.

### • NAMI (South King County)

Offering support and education for anyone who has or is involved with someone who has a mental illness; meetings are held on the 2nd and 4th Tuesdays of each month from 6:30 p.m.-8:30 p.m. at the Alliance Center (515 W. Harrison St.). Fall schedule: 9/13, 9/27, 10/11, 10/25, 11/8, 11/22, 12/13, 12/27. For more information call (253) 854-6264.

## Cooking

### COOKING - BASIC SKILLS

Learn the basic skills of preparing a meal. Enjoy nutritious food with friends and have fun learning to cook.

42852	Tu	5:30 pm-7:00 pm	9/13-11/15
Kent Commons	J. Reynolds		10 sess/\$55

### TEEN LUNCH BUNCH

This class will focus on basic, simple, quick and affordable lunch menus and meals. This interactive hands-on cooking class is intended to help build simple independent cooking skills.

42853	M	11:00 am-12:30 pm	9/26-11/14
Kent Commons	J. McLaughlin		8 sess/\$50





# ADAPTIVE RECREATION

## NEW! LOW IMPACT WATER AEROBICS

Get moving in the water with this low impact water aerobics class which is designed for people with physical and developmental disabilities to keep their bodies moving while enjoying the water. **Participants needing 1:1 support in the water MUST bring a companion.**

42868 S 9:00 am-9:45 am 9/24-11/19  
Kent Meridian J. McLaughlin 9 sess/\$45  
Pool

## Sports

### TENNIS

Learn basic tennis skills from a pro! This inclusive program is for ages 12 and up, or with instructor approval.

42867 Sa 3:30 pm-4:30 pm 9/17-11/19  
Boeing Employees A. Overland 10 sess/\$50  
Tennis Club

### DEVELOPMENTAL SWIMMING

This course is designed for individuals 8 and up with developmental and/or physical disabilities. Individuals will learn stroke development and basic to intermediate swimming skills.

**Participants needing 1:1 support in the water MUST bring a companion.**

42869 Sa 10:00 am-12:045 am 9/24-11/19  
Kent Meridian J. McLaughlin 9 sess/\$45  
Pool

### DOLPHINS SWIM TEAM

This course is designed for individuals 8 and up with developmental and/or physical disabilities, to improve swimming skills and strokes; including participating in Special Olympics Spring Quarter. **All participants must have basic swimming skills and a current SOWA medical form.**

42870 Sa 11:00 am-12:00 pm 9/24-11/19  
Kent Meridian J. McLaughlin 9 sess/\$45  
Pool

## MEDICAL FORMS/ COMPETITION INFORMATION

To participate in Special Olympics training programs and tournaments, applicants must have a current Application of Participation (medical form) on file with Adaptive Recreation. Medical forms are good for up to three (3) years. Please call (253) 856-5030 if questions.

## BOWLING

Ready, set, bowl! Meet at Kent Bowl (1234 N. Central Ave.) for an opportunity to bowl and have fun with friends. Registration includes the weekly bowling fees.

42871 W 3:00 pm-5:00 pm 9/28-12/7\*  
42872 Th 3:00 pm-5:00 pm 9/29-12/8\*\*  
Kent Commons Staff 10 sess/\$100

\*No class 11/23

\*\* No class 11/24

\*\*King County Special Olympics Regional Tournament is scheduled for 11/8 at Secoma Lanes in Federal Way.

## BASKETBALL

Shoot hoops and learn good team strategy. Participate in Special Olympics tournament on Sunday, February 12, 2012. Great fun for everyone!

42874 W 6:30 pm-8:00 pm 12/7-2/15\*  
Meridian K. Bigelow 9 sess/\$45

Middle School

\* No class 12/14, 12/28.

King County Special Olympics Regional Tournament is scheduled for 2/12/2012.

A \$25 registration fee is required for those individuals attending the state tournament 3/2-3/4/2012

## NEW! CHEER TEAM

The new cheerleading class will focus on learning cheers, group dance routines and spirit. Participants will get the opportunity to travel to Special Olympics Tournaments and cheer for the Kent Parks teams..

42873 M 6:00 pm-7:30 pm 10/3-12/5  
Kent Commons R. Torgusen 8 sess/\$35

\*No class 10/31, 11/21

Please plan to attend the Special Olympics Bowling tournament on 11/6 at Secoma Lanes in Federal Way.



## Fall Sports Programs

DAY	PROGRAM	TIME	LOCATION
Mondays	<b>NEW</b> Cheer Team	6:00-7:30 pm	Kent Commons
Wednesday	Bowling (Coach Al)	3:00-5:00 p.m.	Kent Bowl
	Basketball (begins 12/7)	6:30-8:00 pm	Meridian Middle School
Thursdays	Bowling (Coach Kathy)	3:00-5:00 p.m.	Kent Bowl
	<b>NEW</b> Water Aerobics	9:00-9:45 am	Kent Meridian Pool
	Developmental Swim	10:00 -10:45 am	Kent Meridian Pool
Saturdays	Dolphin Swim Team	11:00 am-12:00 pm	Kent Meridian Pool
	Tennis	3:30-4:30 p.m.	Boeing Tennis Center

## THANK YOU EMPLOYEES RECYCLING PROGRAM

for the donation of athlete uniforms and equipment. We appreciate your commitment to support athletes with disabilities in accomplishing their goals.

# RIVERBEND GOLF COURSE



## RIVERBEND GOLF COMPLEX

### MISSION STATEMENT

The team at **Riverbend** shares in a common vision of providing an exceptional golf experience while creating lasting memories for today and future generations.

### RIVERBEND GOLF COURSE

**2019 West Meeker  
Kent, Washington  
98032-4216**

### A City of Kent Parks, Recreation and Community Services Facility

The Riverbend Golf Complex and Learning Center includes 18 hole and 9 hole courses, driving range with learning center, a pro shop and discount golf center, an 18 hole miniature golf facility and the Divot Café.

### RIVERBEND DISCOUNT GOLF CENTER

Riverbend Discount Golf Center offers quality brand name merchandise at incredible prices.

**Monday-Friday**  
10:00 a.m.-5:00 p.m.  
**Saturday-Sunday**  
9:00 a.m.-5:00 p.m.

### RIVERBEND EVENTS

For Riverbend Winter Series  
Tournament information please call  
253-854-3673  
or check our website  
[www.riverbendgolfcomplex.com](http://www.riverbendgolfcomplex.com)

**"Like" us on facebook**  
Type in Riverbend Golf Complex  
in the search bar

### FALL

#### HOURS OF OPERATION

18 hole and 9 hole  
Monday-Sunday • Daylight to Dusk

#### Driving Range

Monday-Sunday • 8:00 a.m. to 9:00 p.m.

### PHONE NUMBERS

Information . . . . . (253) 854-3673  
Driving Range . . . . . (253) 856-5175  
Miniature Golf . . . . . (253) 856-5175  
Par 3 . . . . . (253) 854-4653  
Discount Golf . . . . . (253) 856-5198

### PAR 3 GREEN FEES

**Please call 253-854-4653  
or visit our website at  
[www.riverbendgolfcomplex.com](http://www.riverbendgolfcomplex.com)  
for updates in green fee prices.**

### New Junior Prices!

**October-January | 9 holes - \$2**

### JUNIOR PROGRAMS

### 2011 WINTER



## Junior Golf Camp

**Dec. 28-30**  
10:00 a.m.-1:00 p.m.  
Cost: \$100

Call (253) 854-3673  
for more information on registration

### 18 Hole Green Fees

**October-December**

#### Dewsweeper

October before 8:30 a.m.

November/December before 9:00 a.m.

	Oct	Nov-Dec
9 Holes	\$13	\$12
9 Holes-Player's Card	\$11	\$10
18 Holes	\$22	\$20
18 Holes-Player's Card	\$18	\$18

#### Weekday Rates Monday-Friday

	Oct	Nov-Dec
9 Holes	\$16	\$12
9 Holes-Player's Card	\$14	\$10
9 Holes-Sr./Military	\$14	\$10
9 Holes-Sr./Military Player's Card	\$12	\$9
9 Holes-Junior	\$5	\$5
18 Holes	\$28	\$24
18 Holes-Player's Card	\$22	\$20
18 Holes-Sr./Military	\$22	\$20
18 Holes-Sr./Military Player's Card	\$18	\$16
18 Holes-Junior	\$10	\$10

#### Weekend Rates-Saturday-Sunday

	Oct	Nov-Dec
9 Holes	\$20	\$15
9 Holes-Player's Card	\$16	\$13
9 Holes-Sr./Military	\$16	\$13
9 Holes-Junior	\$5	\$5
18 Holes	\$32	\$28
18 Holes-Player's Card	\$26	\$22
18 Holes-Sr./Military	\$26	\$22
18 Holes-Junior	\$10	\$10
Back 8-Early Morning	\$12	\$10

#### Twilight Rates 2:00 1:00

	Oct	Nov-Dec
Weekday (Mo-F)	\$15	\$12
Weekdays-Player's Card	\$12	\$10
Weekends (Sa-Su)	\$18	\$15
Weekends-Player's Card	\$15	\$13

#### Cart Rentals (per person)

	Oct	Nov-Dec
9 Holes	\$8	\$8
18 Holes	\$12	\$12
18 Holes-Sr.	\$10	\$10
Twilight	\$8	\$8

### RIVERBEND PREFERRED PLAYER'S CARDS

**The Riverbend Preferred Player's card gives you:**

- Discount on greens fees every day of the week.
- Discount during Dewsweeper times.
- Discount during Twilight times.
- Expires December 31, 2011

**Get yours today!**

# ADULT PROGRAMS

## Cooking

### FROM INDIA WITH SPICE

These workshops are taught by Meena Sharma, experienced caterer, cook and instructor. All supplies are included. New recipes will be introduced. Bring an apron.

**INDIAN I** Vegetables with roasted almonds, chicken pulao (fried rice), and fresh yogurt salad raita.

42746 M 7:30 pm-9:30 pm 10/31

**INDIAN II** Chicken korma (chicken cooked in aromatic yogurt sauce), and walnut and cranberry pulao (festive fried rice).

42747 M 7:30 pm-9:30 pm 11/7  
Kent Commons M. Sharma 1 sess/\$22

### THAI COOKING

Explore some of the basic cooking techniques and ingredients of Thai food as you experiment with various spices and food combinations in this hands-on workshop. Recipes and samples shared.

**THAI I** Thai meatball and peanut sauce, and Thai salad.

42748 M 7:30 pm-9:30 pm 11/14

**THAI II** Thai red chicken curry, and Thai fried rice.

42749 M 7:30 pm-9:30 pm 11/21  
Kent Commons M. Sharma 1 sess/\$22

### ITALIAN COOKING

Italy is the home of good cooking and the next best thing to being there is being in the company of an renowned Italian chef. Share recipes and samples as you learn to make nutritious and healthy meals. All supplies included.

**PASTA** Learn to make homemade pasta and fillings such as ravioli, tortellini and other basic pasta shapes.

42750 W 6:30 pm-8:30 pm 9/14

**SAUCES** White or red? The secret is in the sauce! Learn the secrets of great sauces and how they enhance various dishes.

42751 W 6:30 pm-8:30 pm 9/28

**DESSERT** Learn to make biscotti, puff pastry, tiramisu and other popular, heavenly Italian desserts.

42752 W 6:30 pm-8:30 pm 10/12

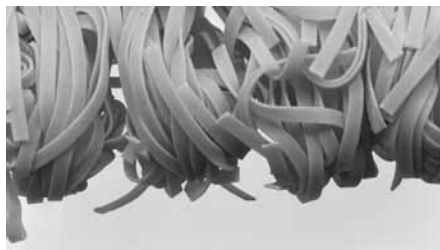
**BREAD & PIZZA** Learn to make this rustic country bread recipe. From this recipe, you will make variations from breadsticks to pizza. All recipes and samples included.

42753 W 6:30 pm-8:30 pm 10/26  
Kent Commons N. Hamilton 1 sess/\$22

### MEDITERRANEAN COOKING

Garlic, capers, olive oil, tomatoes and olives are some of the staples of Mediterranean cooking. Learn to make a complete meal from appetizers to main dishes in this workshop using these staples along with a cadre of fresh vegetables and healthy ingredients. All recipes and samples shared.

42755 W 6:30 pm-8:30 pm 11/2  
Kent Commons N. Hamilton 1 sess/\$22



### ITALIAN COOKING ON A BUDGET

Preparing and eating a decadent Italian style meal is more affordable than you think. Let me show you how! Cooking demonstration and samples will be shared at class.

42754 W 6:30 pm-8:30 pm 11/16  
Kent Commons N. Hamilton 1 sess/\$22

## Creative Arts

### NEW! DABBLING IN ART

Drawing projects to refresh your interest in art, get new ideas and express yourself! All ages welcome. Bring a 9'X12' or 11'X14' drawing pad, medium weight.

43007 M 6:30 pm-8:00 pm 9/12-9/26  
3 sess/\$45

43008 M 6:30 pm-8:00 pm 10/3-10/24

43017 M 6:30 pm-8:00 pm 11/7-11/28  
Kent Commons C. McNiel 4 sess/\$60

### WRITING FOR CHILDREN & GETTING PUBLISHED

For the novice writer, we'll explore plot, character, view point, and dialogue. Class also covers how to submit a manuscript and getting published. Lots of tips and plenty of time for questions.

42756 Th 6:30 pm-9:00 pm 11/10  
Kent Commons A. Ruback 1 sess/\$29

## Dance

### ADULT IRISH DANCE

Dancers will learn both traditional Irish step (solo) and Ceili (group) dance. Students will work on basic movements, proper posture, form and rhythm. Wear comfortable clothing, Irish ghillies suggested.

42768 Tu 8:30 pm-9:30 pm 9/6-12/6\*  
Kent Commons P. Martig 13 sess/\$143  
\*No class 11/22

### BEGINNING BALLET (Ages 16+)

Basic level ballet steps, beginning level barre and centre floor. A great class for stretching and toning. Ballet shoes required. Drop-ins are welcome at \$7 per class.

42801 F 6:00 pm-7:00 pm 9/9-12/2\*  
Kent Commons M. Murphy-Brown 11 sess/\$72  
\*No class 11/11, 11/25



### TAP DANCE (Ages 16+)

Learn tap combos and routines in this energetic class. Drop-ins welcome at \$7 per class.

#### Beginning

42800 W 7:45 pm-8:45 pm 9/7-11/30\*  
12 sess/\$48

\*No class 11/23

#### Continuing

42799 F 7:15 pm-8:15 pm 9/9-12/2\*  
11 sess/\$72

\*No class 11/11, 11/25

#### Advanced

42798 Tu 7:15 pm-8:15 pm 9/6-11/29  
Kent Commons M. Murphy-Brown 13 sess/\$85

\*No class 11/11, 11/25

### BEGINNING BELLY DANCING

All ages/all sizes welcome. The benefits of yoga, and non-impact aerobics at the same time.

Body isolations, shimmy techniques and much more. Two beginning topic sets available. Visit [www.saqra.net](http://www.saqra.net) for more information.

42804 Tu 12:00 pm-1:20 pm 9/13-10/18

42805 Tu 6:00 pm-7:20 pm 9/13-10/18

42806 Th 1:30 pm-3:00 pm 9/15-10/20

42807 Th 5:00 pm-6:20 pm 9/15-10/20

42808 Th 7:40 pm-9:00 pm 9/15-10/20

42809 Tu 12:00 pm-1:20 pm 11/1-12/6

42810 Tu 6:00 pm-7:20 pm 11/1-12/6

42811 Th 1:30 pm-3:00 pm 11/3-12/15\*

42812 Th 5:00 pm-6:20 pm 11/3-12/15\*

42813 Th 7:40 pm-9:00 pm 11/3-12/8

Saqra's Studio S. Raybuck 6 sess/\$55

\*No class 11/24

### JAZZ DANCE (Ages 16+)

Will work for strength and flexibility. Class works on short combinations and complete jazz routines. Beginning to intermediate level welcome. Drop-ins welcome at \$7 per class.

42803 Th 7:30 pm-8:30 pm 9/8-12/1\*  
Kent Commons M. Murphy-Brown 12 sess/\$78

\*No class 11/24





## DANCE LESSONS (Ages 16+)

Learn to dance for the fun of it! It's so much fun you won't even realize how much exercise you're getting. The classes are light hearted and you'll be dancing by the end of the first class. Classes held at Kent Memorial Park Building, 850 N. Central. No partner required and **drop-ins welcome at \$12 per class.**

### Blues

This cool dance style is for everyone and can be done at any occasion! Blues footwork is easy and has unlimited playful variations. Done to blues, swing and R & B music.

42762 Tu 6:30 pm-7:30 pm 9/27-11/1

### East Coast Swing

If you learn just once dance, this is it. It's the most versatile dance with the greatest variety of types and speeds of music.

42763 Tu 7:30 pm-8:30 pm 9/27-11/1

### Salsa

Try the popular Hot & Spicy Latin Dance - Salsa! Learn how to feel the Latin beat and move your body with Latin motion. A great class for beginners and there are many places to dance salsa in the area.

42764 Tu 8:30 pm-9:30 pm 9/27-11/1

### Waltz

Imagine floating around the room with your partner to glorious music. Learn the basics of this graceful elegant dance that you can use for the rest of your life. It's perfect for weddings, parties or dances.

42765 Tu 6:30 pm-7:30 pm 11/8-12/13

### Dance Survival Kit

This is your chance to give dancing a whirl! It's guaranteed fun with lots of time to practice. We will explore partner dancing, give you some basic survival skills and have some fun. We want you to enjoy that upcoming party or wedding and be able to enjoy dancing to any song. No experience necessary.

42766 Tu 7:30 pm-8:30 pm 11/8-12/13

### West Coast Swing

This is our dance - born on the west coast! The coolest form of swing, danced to blues, jazz, contemporary and more. It's perfect for all ages!

42767 Tu 8:30 pm-9:30 pm 11/8-12/13

Kent Memorial Park P. Conley 6 sess/\$55

## Health

### STOP SMOKING WITH HYPNOSIS

Hypnosis can help you stop smoking for good and it can be far easier than you ever imagined. Instructor Robert Felix, is a certified hypnotherapist. Please bring a mat or blanket to class. Optional hypnosis tape available for purchase for \$15.

42777 W 7:00 pm-9:00 pm 11/30  
Kent Commons R. Felix 1 sess/\$43

### WEIGHT LOSS WITH HYPNOSIS

Hypnosis can help you change those old mental programs that are keeping you stuck. Instructor Robert Felix is a certified hypnotherapist. Weight Loss CD's are available to purchase at class \$15 each. Please bring a mat or blanket to class.

42776 W 7:00 pm-9:00 pm 11/9-11/23  
Kent Commons R. Felix 3 sess/\$89

### MEDITATION

Meditation provides deep physical rest and profound emotional relaxation. It is the perfect solution for fatigue and stress. Learn simple yet effective meditation techniques.

42775 M 7:00 pm-8:00 pm 10/17  
Neely-Soames M. Imlay 1 sess/\$10  
Historic Home

### YOGA MOVING WITH BODY & MIND

Find the ease of moving which will lead to deep relaxation. You will stretch, learn to coordinate your breathing and learn basic yoga moves and techniques. Please bring a mat and large towel to class.

42771 W 6:00 pm-7:15 pm 9/7-10/26  
Senior Activity Ctr. C. Rosenfield 8 sess/\$60  
42769 M 6:00 pm-7:15 pm 9/12-10/31  
42770 M 7:15 pm-8:30 pm 9/12-10/31  
Kent Commons C. Rosenfield 8 sess/\$60  
42774 W 6:00 pm-7:15 pm 11/2-12/14\*  
Senior Activity Ctr. C. Rosenfield 6 sess/\$45  
42772 M 6:00 pm-7:15 pm 11/7-12/19  
42773 M 7:15 pm-8:30 pm 11/7-12/19  
Kent Commons C. Rosenfield 7 sess/\$53

\*No class 11/23

## General

### BEGINNING DIGITAL SLR PHOTOGRAPHY

Graduating from a point-and-shoot to a digital SLR camera? In this workshop you will learn: all about digital SLR cameras and their functions, manual setting such as ISO, aperture and shutter speed, lens types and which lens you do not need. Bring your SLR camera (please no point-and-shoot), with the battery charged and your manual/handbook. We will break and practice shooting during class.

42759 F 7:00 pm-10:00 pm 10/21-10/28  
42760 F 6:00 pm-9:00 pm 12/9-12/16  
Kent Commons D. Bonine 2 sess/\$40

### DIGITAL PHOTOGRAPHY FOR BEGINNERS

In this beginning workshop you will learn: all about point-and-shoot digital cameras and their basic functions, beginning composition, how to download photos, organize, print, e-mail, store and share your photos. Bring your digital camera with the battery charged, and your manual/handbook. We will take time to practice taking pictures during class.

42757 F 7:00 pm-10:00 pm 11/4-11/18  
Kent Commons D. Bonine 2 sess/\$40  
\*No class 11/11

### VOICE ACTING

An introduction to professional voice overs; television, film, radio and more. We will cover how to prepare a demo and earn a great income in this exciting field. You will have a chance to record a commercial script as well. Please visit <http://www.voicecoaches.com/gpdt>.

42761 Th 6:30 pm-9:00 pm 11/3  
Kent Commons Voice Coaches 1 sess/\$18

### SOOS CREEK PARK INTERPRETIVE WALKS

Soos Creek Park is one of south King County's prized wetland habitats. Take one of the interpretive walks to learn more about this fascinating area. Visit [www.friendsofsooscreekpark.wetpaint.com](http://www.friendsofsooscreekpark.wetpaint.com).

**OWL PROWL** We'll start indoors for the first hour learning about our local owls, then venture outdoors to prowl for owls. Best for those 8 years and over. Meet at Soos Creek Park/Trail 24810 148th Avenue SE, Kent.

42782 Sa 10:30 pm-1:30 am 9/10  
Soos Creek Park M. Imlay 1 sess/Free

### CHRISTMAS BIRD COUNT

42781 Su 7:00 am-9:00 am 1/1  
Gary Grant Park M. Imlay 1 sess/Free  
(Soos Creek)

### WILDLIFE TOTEM WALK

Come view the wildlife of Soos Creek Park as you learn a system of self-help and life assessment inspired by Native American traditions. You will be taught how to use wildlife sightings as a method of personal introspection. Though lighthearted and fun, this walk contains biological, zoological, and anthropological material relevant to the Soos Creek Park.

42783 Sa 2:00 pm-3:30 pm 11/5  
Soos Creek Park M. Imlay 1 sess/Free

# ADULT PROGRAMS

## MASTER GARDENER SERIES

Please join us at Neely/Soames Homestead for FREE garden-related classes taught by King County Master Gardeners. Bring your questions, experiences, and love of gardening to our informative classes. The Homestead is located at 5311 South 237 Place in Kent. **Pre-registration required due to limited space** - contact Sharon at (253) 835-4144 or Penny at (253) 941-2628.

### NATIVE AND INVASIVE SPECIES

Learn the good and the bad of native plants and invasive species.

Sa 10:00-11:00 am 8/27

### GARDENING WITH HERBS

Learn the basics of gardening with herbs in the Pacific Northwest.

Sa 10:00-11:00 am 9/24  
Neely-Soames Free  
Historic Home

**Got a pet? Better get a license or face fines. It's the law. All dogs and cats – indoors or out – must be licensed each year.**

Residents with unlicensed dogs or cats face fines of \$125 for spayed or neutered animals or \$250 for unaltered pets. **Most pet licenses cost \$30...a lot less than a \$125 fine.**



### Fees for pet licensing do a lot of good:

- Fund animal cruelty investigations and provide resources to address complaints about vicious animals.
- Treat injured and sick animals and find homes for them.
- Provide care for the over 1,900 animals impounded each year at the Kent Animal Shelter.
- Roaming pets can get injured, but if they're wearing license tags, they have a much better chance of being treated and reunited with you.

**To license your pet or for more information visit**

**[www.KentPetLicense.com](http://www.KentPetLicense.com)**

## DOG OBEDIENCE

Join us in one of our many dog obedience classes. Instructor Jennifer Schneider owns Pick of the Litter Dog Training, and is a certified Pet Dog Trainer. For more information visit [www.pickofthelitterdogtraining.com](http://www.pickofthelitterdogtraining.com). **All classes held at the Kent Memorial Park Building.**

**BASIC MANNERS - Open Enrollment** No more waiting for classes! Students can start class anytime, and then attend for six consecutive weeks plus drop-in to other class sessions at no charge. Teach basic obedience skills (sit, down, come, stay, wait, loose leash walking, and heel), and learn how to use these skills in everyday life. Fix problem behaviors - jumping on people, barking, excitability, leadership testing, and selective listening. For dogs 5 months and older.

42784 W 6:30 pm-7:30 pm 9/7-12/28\*  
42785 Su 3:45 pm-4:45 pm 9/11-12/18\*  
\*No class 11/23, 11/27, 12/21, 12/25

**PUPPY KINDERGARTEN - Open Enrollment** No more waiting for classes! Students can start class anytime and then attend for six consecutive weeks. Plus drop-in to other class sessions at no charge. Includes supervised play with other puppies, an introduction to basic obedience skills, solutions to common puppy challenges (biting, chewing, potty training, jumping up) and socialization to new people and places. For puppies 8 weeks to 5 months old (up to 6 months for small breed puppies).

42786 W 7:45 pm-8:45 pm 9/7-12/28\*  
42787 Su 2:30 pm-3:30 pm 9/11-12/18\*  
\*No class 11/23, 11/27, 12/21, 12/25

**FEISTY FIDO** For dogs who behave inappropriately around other dogs (growling, lunging, barking). Learn specific scientifically proven techniques to help your dog behave and relax in the presence of other dogs or people. Learn how to read your dog's body language to effectively expose them to social situations, with the least stress possible. Provides gradual and controlled on leash exposure, along with obedience instruction designed specifically for dogs with reactivity issues. No dogs first class.

42788 W 5:15 pm-6:15 pm 9/7-10/12  
42789 M 7:45 pm-8:45 pm 11/7-12/12  
6 sess/\$90

**FEISTY FIDO - LEVEL 2** Continuation of the skills learned in Feisty Fido. This class is the next step for dogs who behave inappropriately around dogs or people. Continue teaching your dog appropriate social skills. More on-leash practice with parallel walking, passing, approaching and greeting dogs or people, but from decreasing distances, including up close interactions. Includes basic manners skills - stay, come, and heel. Prerequisite: Feisty Fido.

42790 W 5:15 pm-6:15 pm 10/19-11/30\*  
\*No class 11/23

### BETTER MANNERS-OPEN ENROLLMENT

Continue to proof and practice the skills you learned in Basic Manners, with the same open enrollment format. Start class at any time and then attend for six consecutive weeks. Class adds a higher level of difficulty and distraction to basic obedience skills, and introduces new, more advanced skills. Prerequisite: Basic Manners or Advanced Puppy.

42793 Th 6:30 pm-7:30 pm 9/8-12/29\*  
\*No class 11/24

**ADVANCED PUPPY** This is the next step after Puppy Kindergarten, with the same open enrollment format. Start class at any time and then attend for six consecutive weeks. More puppy playtime and continued socialization with people and places, continued practice with basic obedience skills, fun training games, and agility obstacle practice. For puppies 4 to 10 months old. Prerequisite - Puppy Kindergarten or Basic Manners.

42795 Th 7:45 pm-8:45 pm 9/8-12/29\*  
\*No class 11/24 6 sess/\$90

**JUST FOR FUN AGILITY I** Now a six week class! Non-competitive introduction to the sport of agility - jumps, tunnels, tire jump, weave poles, pause table, and a wobble board. Learn about turns, sequencing and sending your dog to obstacles, and complete a full course during the last week of class. Prerequisite: Basic Manners.

42791 M 6:30 pm-7:30 pm 9/19-10/24

**TRICKS I** Now a six week class! Bring out your dog's natural talents by teaching a variety of tricks, including shake, high five, roll over, crawl, play dead, and bow. Your friends will be impressed when they see your dog moonwalk backwards, fetch his leash, bring toys by name, search for lost items, and play the piano. Prerequisite: Puppy Kindergarten or Basic Manners.

42796 M 7:45 pm-8:45 pm 9/19-10/24

**SUPERSTAR MANNERS - RALLY OBEDIENCE** This class can be used as an advanced obedience class to build super solid manners skills, or in preparation for competition in Rally Novice. Learn how to complete a course made up of various stations, where each station indicates an obedience exercise your dog must perform. Plus, because dogs are required to walk with you in between stations, it's a great way to improve your dog's leash skills as well. Prerequisite: Basic Manners or Better Manners.

42792 M 6:30 pm-7:30 pm 11/7-12/12  
Kent Memorial J. Schneider 6 sess/\$90  
Park

## Martial Arts

### KENDO-JAPANESE SWORDSMANSHIP (15+)

Develop confidence and learn the culture and etiquette of Japan. Focus on basic footwork and Japanese Samurai swordsmanship. Wooden sword is available from instructor for \$15-\$20. Class fee does not include additional equipment costs for continuing and advanced students. Youth and adult classes are combined.

**Beginning**  
42778 M 7:00 pm-7:50 pm 9/12-12/12\*

**Continuing**  
42779 M 8:10 pm-9:00 pm 9/12-12/12\*  
\*No class 10/31 13 sess/\$78

**Advanced**  
This is an intermediate level class. Instructor permission is required.  
42780 W 7:00 pm-8:50 pm 9/7-12/14  
Kent Commons C. Marsten 15 sess/\$90  
\*No class 10/31

### MARTIAL ARTS (Ages 14+)

Classic karate techniques, sparring and self-defense. Build strength, stamina, coordination and flexibility. You will have the opportunity to train for rank promotion and tournament competition, if desired.

42902 Tu, Th 6:30 pm-7:30 pm 9/6-9/29  
42903 Tu, Th 6:30 pm-7:30 pm 10/4-10/27  
42904 Tu, Th 6:30 pm-7:30 pm 11/1-11/22  
42905 Tu, Th 6:30 pm-7:30 pm 11/29-12/22  
Fairwood R. Kay 8 sess/\$80  
Martial Arts

### BEGINNING AIKIDO

Aikido emphasizes redirecting the opponent's momentum and power to apply sweeps, throws, locks and holds. Aikido allows you to safely subdue your attacker without the use of extreme force.

42815 M 6:15 pm-7:15 pm 9/12-11/14  
ACMMA R. Dye 10 sess/\$75

### CARDIO-KICKBOXING

Burn fat, relieve stress, tone and strengthen muscles, all while learning basic self-defense techniques. Class involves bag work, wristwraps or bag gloves are strongly recommended.

42816 W, M 6:15 pm-7:15 pm 9/7-10/3  
42817 W, M 6:15 pm-7:15 pm 10/5-10/31  
42818 W, M 6:15 pm-7:15 pm 11/2-11/28  
42819 M, W 6:15 pm-7:15 pm 12/5-12/28  
ACMMA R. Dye 8 sess/\$64

### MARTIAL ARTS OVER 40

Improve balance, coordination, stamina and strength while learning practical self-defense moves. This is a great alternative workout to the typical gym routine.

42820 Th 7:15 pm-8:15 pm 9/8-9/29  
42821 Th 7:15 pm-8:15 pm 10/6-10/27  
42822 Th 7:15 pm-8:15 pm 11/3-12/1\*  
42823 Th 7:15 pm-8:15 pm 12/8-12/29  
ACMMA R. Dye 4 sess/\$32  
\*No class 11/24



**Kent 4Health**  
Presents  
**ShoWalk**  
**FREE Winter Walking**  
**In ShoWare Center**  
**Every Monday & Wednesday**  
**625 W. James St., Kent**  
**from 9:00-11:00 a.m.**  
**Starts November 14, 2011**  
Register at [www.kent4health.com](http://www.kent4health.com)  
or call (253) 856-4YOU

### PILATES

Improve flexibility, core strength, and balance. Suitable for all ages and abilities. Classes held at Aamerican Colleges of Mixed Martial Arts.

42833 Sa 10:15 am-11:00 am 9/3-9/24  
42829 M 5:30 pm-6:15 pm 9/5-9/26  
42834 Sa 10:15 am-11:00 am 10/1-10/22  
42830 M 5:30 pm-6:15 pm 10/3-10/24  
42835 Sa 10:15 am-11:00 am 10/29-11/19  
42831 M 5:30 pm-6:15 pm 11/7-11/28  
42896 Sa 10:15 am-11:00 am 11/26-12/17  
42832 M 5:30 pm-6:15 pm 12/5-12/26  
ACMMA J. Dye 4 sess/\$30

### WOMEN'S SELF DEFENSE

Class covers basic self-defense skills for those 14 and up. Taught by a female black belt, develop awareness skills and learn how to protect yourself in dangerous situations. Supply fee of \$3 payable to instructor for manual.

42824 Sa 2:00 pm-4:00 pm 9/10  
42825 Sa 2:00 pm-4:00 pm 10/8  
42826 Sa 2:00 pm-4:00 pm 11/12  
ACMMA J. Dye 1 sess/\$30

### WOMEN'S SELF DEFENSE SEMINAR

This class will de myth what you think you need to do to be able to defend yourself. You will learn basic attacks, simple and easy escapes and have the opportunity to go full force in a defense against someone in a protective suit. You will gain confidence and technique. Female instructor has 37 years experience in the martial arts.

43402 Sa 1:00 pm-4:00 pm 9/17  
43403 Sa 1:00 pm-4:00 pm 11/12  
Fairwood R. Kay 1 sess/\$45  
Martial Arts

### TAI CHI

Learn to relax through flow of body movement as you study this ancient art. Tai Chi has numerous health benefits as well as improving balance and control. Class held at Aamerican Colleges of Mixed Martial Arts.

42827 Th 8:15 pm-9:00 pm 9/1-10/6  
42828 Th 8:15 pm-9:00 pm 10/13-11/17  
ACMMA R. Dye 6 sess/\$48

## Outdoor Sports

### AMERICA'S BOATING COURSE

Offered by the Poverty Bay Sail and Power Squadron, this basic boating course will satisfy the boater education requirement for the State of Washington and most other states. In 2012, all boaters 40 years and younger will have to have a Boater's Card in their possession to operate any vessel 15 horsepower and over in Washington. By 2015, anyone born after 1955 will need a card. Bring a sack lunch. Textbook and CD included - please pick up prior to class start date at Kent Commons.

42814 Sa 8:00 am-4:00 pm 9/24  
Kent Commons Staff 1 sess/\$35

### FISH SMOKING 101

Learn how to make delectable smoked fish using simple electric, gas and charcoal smokers. We'll focus on Pacific NW favorites like salmon, steelhead and trout. Class will include step by step instruction, demonstration, recipes and sample tasting. You'll be a hit at all your parties with your own custom smoked fish.

42961 Tu 6:30 pm-8:30 pm 11/22  
Kent Senior J. Fiskum 1 sess/\$25  
Activity Center

### FLY-FISHING FOR PINK SALMON IN RIVERS

This year's abundant Pink Salmon run will create amazing angling opportunities for these feisty salmon this late summer and fall. In this course you will learn how to catch Pinks on flies on both saltwater beaches and local rivers. Class will include handouts with valuable information on where to go and what to use for success.

42957 Tu 6:30 pm-8:30 pm 8/23  
Kent Senior J. Fiskum 1 sess/\$25  
Activity Center



# ADULT PROGRAMS

## FLY FISHING THE YAKIMA RIVER

The Yakima is Washington's best 'Blue Ribbon' fly fishing stream. You will learn how to unlock the secrets of this quality trout stream. We'll discuss access for both wade fishing and floating in relation to seasonal water flows. Insect hatches and hot fly patterns, plus tips for success in all 4 seasons on this year round trout fishery. Class will include slides and a Yakima resource notebook. Instructor has 25 years of experience fishing and guiding the Yakima.

42958	W	6:30 pm-8:30 pm	9/28
Kent Senior	J. Fiskum	1 sess/\$25	
Activity Center			

## YAKIMA RIVER OPTIONAL OUTING

If you have taken the classroom session there will be an opportunity to experience the Yakima first hand. Sign up for either 1/2 day wade fishing or 1/2 day float fishing (guided driftboat). Rods, reels, lines, flies and accessories will be included in these outings.

### Wade Fishing

42959	Sa	9:00 am-1:00 pm	10/8
			1 sess/\$59

### Guided Float Fishing

42960	Sa	1:30 pm-5:30 pm	10/8
Yakima River	J. Fiskum	1 sess/\$89	

## SKAGIT RIVER GUIDED STEELHEAD FISHING

The Skagit River has great returns of fall salmon. We'll target the hard fighting silvers and chums that should be abundant in the river, fishing with a pro guide out of a comfortable jet sled. All tackle and equipment is provided as well as group transportation to the river. Additional information will be sent upon registration. Register early - space is limited.

43407	Sa	6:00 am-4:00 pm	10/29
Skagit River		1 sess/\$200	



## INTRODUCTION TO WINTER STEELHEAD FISHING

Learn how to catch the Pacific Northwest's favorite game fish, the Winter Steelhead. In this classroom session we'll discuss tackle, equipment, how to rig up, and which lures or baits to use. Get valuable information about our local and regional rivers, when and where to fish them. Class includes a resource manual. After this session join us for an optional outing to apply what you have learned and try to hook a steelhead.

42962	M	6:30 pm-8:30 pm	12/12
Kent Senior	J. Fiskum	1 sess/\$25	
Activity Center			

## WINTER STEELHEAD OUTING

If you've taken the classroom session this is your opportunity to practice and apply what you learned in class with hands on riverside instruction. We'll demonstrate and practice float fishing. Drift fishing and Spoon fishing in this on the water session.

42963	Sa	7:00 am-10:00 am	12/17
Snoqualmie River	J. Fiskum	1 sess/\$49	

## SEA KAYAK WITH THE SALMON

Join the guides of the Olympic Outdoor Center for an interpretive paddle with the returning chum and coho salmon. You will see the salmon as they prepare to spawn from a different perspective 'on the water'.

43406	Sa	10:00 am-12:30 pm	10/15
South Sound	Staff	1 sess/\$65	

## TIETON RIVER RAFT TRIP

The Tieton River drops an incredible 50 feet per mile, making for a wild ride with almost non-stop action. It is also the warmest whitewater river in the state. After an awesome ride, indulge in a riverside steak barbecue prepared by your guides.

43404	Sa	1:00 pm-7:00 pm	9/10
43405	Su	11:00 am-5:00 pm	9/11
Tieton River	Staff	1 sess/\$92	



## Sports

Kent Parks, Recreation and Community Services offers several adult sports leagues. Individuals wishing to participate in an adult league must be 18 years of age. Registration is taken by teams only. Individuals wishing to participate can call the Kent Commons office to submit their name, sport and level of play for the individual player list. To check on registration information, league standings and league schedules, please visit [KentWA.gov](http://KentWA.gov) or call (253) 856-5000.

Adult Sports Leagues are run with an emphasis on good sportsmanship, having fun and encouraging team conduct that takes a positive approach toward competition.

### ADULT RACQUETBALL

This six-session course will emphasize the fundamental skills, rules and basic strategies of the fast paced sport of racquetball. Lessons are taught by AmPro Certified Racquetball Instructor. Enrollment is limited to eight students per class in order to ensure individual attention. Bring your own racquet or check one out at the front desk.

#### Beginning Racquetball

42670 Tu 6:00 pm-7:00 pm 9/6-10/11

#### Intermediate/Advanced Adult Racquetball

42671 Tu 7:00 pm-8:00 pm 9/6-10/11  
Kent Commons D. Wilson 6 sess/\$55

### ADULT RACQUETBALL CLUB

A great way to build your skill level and stay in shape with both recreational and competitive levels of play.

#### Fall League

42672	Upper Competitive	Sept-Nov	
42673	Lower Competitive	Sept-Nov	
42674	Recreation	Sept-Nov	
Kent Commons			\$30

### ADULT SOFTBALL

Adult Softball Leagues are offered throughout the year. Levels of play offered: Recreation and Competitive for Men and Women, Coed and Church Divisions. Games are played at Russell Road Sports Complex, Kent Memorial Park, Wilson Playfields and Service Club Ballfields.

**Spring/Summer Season** (April-July)

**Second Season** (August and September)

**Winter Season** (January-March)

### ADULT BASKETBALL

Adult basketball leagues are offered three (3) times throughout the year. Levels of play offered from recreation to very competitive. All games are played at the Kent Commons.

**Fall Season** (September-November)

**Winter Season** (December-February)

**Summer Season** (June-August)

### ADULT FLAG FOOTBALL

Adult flag football is a no contact, pass only league. Teams consist of six (6) players per side on a modified field, thirty (30) by seventy (70) yards. We offer three levels of play: American (Top League), National (Middle League) and Continental (Lower League). Games are played on Sundays and Wednesdays at Wilson Playfields. Program runs September through mid-November.

### ADULT KICKBALL LEAGUE

Adult Kickball Leagues are offered during July/August/September. Levels of play offered: Recreation and Competitive for Coed Divisions. Games are played at Service Club Ballfields.

### ADULT BASKETBALL

Adult basketball leagues are offered three (3) times throughout the year. Levels of play offered from recreation to very competitive. All games are played at the Kent Commons.

**Fall Season** (September-November)

**Winter Season** (December-February)

**Summer Season** (June-August)

### ADULT VOLLEYBALL

Adult volleyball is offered three (3) times throughout the year. Levels of play offered from Tuesday Night "Open" and Wednesday Night Women's Divisions. All matches are played at the Kent Commons.

**Fall Season** (September-December)

**Winter Season** (January-March)

**Spring Season** (April and May)



## Access Your Account Online!

**Does your account have an unused credit balance? Go to [webreg.ci.kent.wa.us](http://webreg.ci.kent.wa.us) to view your account information and history.**

**Forgot your Pin/Barcode? Click on the My Account tab, the select Forgot My Client ID/Password. If we have your email address on account, your PIN/Barcode will be automatically sent to you. If you do not have an email on account, please call (253) 856-5000 for assistance.**

### PAT POWERS VOLLEYBALL CLINIC

Experience over twenty years of playing and coaching experience with one of the 'founding fathers' of modern day volleyball. Learn secrets from one of the best in the game, including putting spin on a ball to increase control, how to snap a ball instead of hitting it and putting 'pop' on your serves. Ages 13 to adult.

41176	Sa-Su	12/10-12/11
Kent Commons	P. Powers	2 sess/\$140

### BODY CONDITIONING/WEIGHT TRAINING

Individual instruction on the proper use of fixed weight equipment (Nautilus), a variety of exercises for each weight station, and how to develop a personal training program. A complimentary one-month pass to the weight room (\$12.50 value) included in \$35 class fee. One hour session by appointment only, call (253) 856-5000.

Kent Commons	C. Doherty	1 sess/\$35
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**Please note that adult and youth sports league and participation fees have been increased to include a 9.5% sales tax as legally required by the State of Washington.**

# FITNESS

Join us for a complete body workout to terrific music in any of the following classes. Your choice will help you burn fat, have fun and build endurance while exercising. We recommend you visit your doctor before participating in aerobic activities. Wear comfortable clothing and aerobic shoes—no black soles. Bring an exercise mat or towel. Instructors trained in First Aid, CPR and aerobic certified. **Drop-ins welcome—\$5 per class.**

<b>NEW!</b> <b>Zumbatomic</b> Designed exclusively for kids, Zumbatomic classes are rockin', high energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love. Open to participants 7 years and older. Registration fee is per participant. Parents are not required to attend class but are encouraged to register as well and make it a fun family experience.	43412	M	4:15 pm-5:00 pm	Kent Commons	McClean	9/12-9/26	\$12
	43413	M	4:15 pm-5:00 pm	Kent Commons	McClean	10/3-10/31	\$20
	43414	M	4:15 pm-5:00 pm	Kent Commons	McClean	11/7-11/28	\$16
	43415	M	4:15 pm-5:00 pm	Kent Commons	McClean	12/5-12/19	\$12
	43416	Th	4:15 pm-5:00 pm	Kent Commons	McClean	9/8-9/29	\$16
	43417	Th	4:15 pm-5:00 pm	Kent Commons	McClean	10/6-10/27	\$16
	43418	Th	4:15 pm-5:00 pm	Kent Commons	McClean	11/3-11/17	\$12
<b>AM jazzercise</b> Aerobic dance routines, muscle toning and stretching exercises. All levels welcome.	43419	Th	4:15 pm-5:00 pm	Kent Commons	McClean	12/8-12/29*	\$16
	43307	Th, Tu	9:15 am-10:15 am	Kent Commons	Richards	9/1-9/29	\$36
	43308	Tu, Th	9:15 am-10:15 am	Kent Commons	Richards	10/4-10/27	\$32
	43309	Tu, Th	9:15 am-10:15 am	Kent Commons	Richards	11/1-11/29*	\$32
<b>Lunch Time Toning</b> 50 minute class utilizing an exercise fitness ball to tone legs, abs, back and upper body.	43310	Th, Tu	9:15 am-10:15 am	Kent Commons	Richards	12/1-12/29	\$32
	43311	M	12:05 pm-12:55 pm	Kent Commons	Lindsley	9/12-9/26	\$12
	43312	M	12:05 pm-12:55 pm	Kent Commons	Lindsley	10/3-10/31	\$20
	43313	M	12:05 pm-12:55 pm	Kent Commons	Lindsley	11/7-11/28	\$16
<b>Crunch at Lunch</b> Focusing on the core, back, abs and balance exercises performed using balance balls and weights	43314	M	12:05 pm-12:55 pm	Kent Commons	Lindsley	12/5-12/19	\$12
	43319	W	12:05 pm-12:55 pm	Kent Commons	Lindsley	9/7-9/28	\$16
	43320	W	12:05 pm-12:55 pm	Kent Commons	Lindsley	10/5-10/26	\$16
	43321	W	12:05 pm-12:55 pm	Kent Commons	Lindsley	11/2-11/30	\$20
<b>Lunchtime Bootcamp</b> 50 minutes of boot camp style drills and cardio workout that will challenge your body and improve your speed, agility and overall performance.	43322	W	12:05 pm-12:55 pm	Kent Commons	Lindsley	12/7-12/28	\$16
	43315	Tu	12:05 pm-12:55 pm	Kent Commons	Lindsley	9/6-9/27	\$16
	43316	Tu	12:05 pm-12:55 pm	Kent Commons	Lindsley	10/4-10/25	\$16
	43317	Tu	12:05 pm-12:55 pm	Kent Commons	Lindsley	11/1-11/29	\$20
<b>Yoga Break</b> Basic yoga poses that will strengthen, lengthen and relax your body. Bring a yoga mat.	43318	Tu	12:05 pm-12:55 pm	Kent Commons	Lindsley	12/7-12/27	\$16
	43323	Th	12:05 pm-12:55 pm	Kent Commons	Lindsley	9/1-9/29	\$20
	43324	Th	12:05 pm-12:55 pm	Kent Commons	Lindsley	10/6-10/27	\$16
	43325	Th	12:05 pm-12:55 pm	Kent Commons	Lindsley	11/3-11/17	\$12
<b>Lunch Blast Body Sculpting</b> A great lunch time workout class which incorporates step, hand weights, and bands for a total body workout. Build strength and endurance.	43326	Th	12:05 pm-12:55 pm	Kent Commons	Lindsley	12/1-12/29	\$20
	43327	Tu	1:05 pm-1:55 pm	Kent Commons	Lindsley	9/6-9/27	\$16
	43328	Tu	1:05 pm-1:55 pm	Kent Commons	Lindsley	10/4-10/25	\$16
	43329	Tu	1:05 pm-1:55 pm	Kent Commons	Lindsley	11/1-11/29	\$20
<b>jazzercise</b> Aerobic dance routines, muscle toning and stretching exercises. All levels welcome.	43330	Tu	1:05 pm-1:55 pm	Kent Commons	Lindsley	12/6-12/27	\$16
	43331	F	12:05 pm-12:55 pm	Kent Commons	Barrick	9/9-9/30	\$16
	43332	F	12:05 pm-12:55 pm	Kent Commons	Barrick	10/7-10/28	\$16
	43333	F	12:05 pm-12:55 pm	Kent Commons	Barrick	11/4-11/18	\$8
<b>PIYo</b> Blend of Pilates and Yoga. You will gain tone, flexibility and strength.	43334	F	12:05 pm-12:55 pm	Kent Commons	Barrick	12/9-12/30	\$16
	43335	Tu, Th	6:45 pm-7:45 pm	Kent Commons	Richards	9/1-9/29	\$36
	43336	Tu, Th	6:45 pm-7:45 pm	Kent Commons	Richards	10/4-10/27	\$32
	43337	Tu, Th	6:45 pm-7:45 pm	Kent Commons	Richards	11/1-11/29*	\$28
<b>CIRCUIT by jazzercise</b> Aerobic routines intermingled with strength training.	43338	Tu, Th	6:45 pm-7:45 pm	Kent Commons	Richards	12/8-12/29*	\$28
	43361	Sa	9:00 am-10:00 am	Kent Commons	Richards	9/3-9/24	\$16
	43362	Sa	9:00 am-10:00 am	Kent Commons	Richards	10/1-10/29	\$20
	43363	Sa	9:00 am-10:00 am	Kent Commons	Richards	11/5-11/26	\$16
<b>Pilates Stretch</b> Blend of Pilates and Yoga with use of weights and stability ball. Class will end with 15 minute relaxation stretch.	43364	Sa	9:00 am-10:00 am	Kent Commons	Richards	12/3-12/17	\$12
	43339	Tu	5:40 pm-6:40 pm	Kent Commons	Hedrick	9/6-9/27	\$16
	43340	Tu	5:40 pm-6:40 pm	Kent Commons	Hedrick	10/4-10/25	\$16
	43341	Tu	5:40 pm-6:40 pm	Kent Commons	Hedrick	11/1-11/29	\$20
<b>Zumba</b> Fun, upbeat, energetic workout done to high energy Latin music. Try it once and you'll be hooked, there's no other fitness class like a Zumba Fitness Party!	43342	Tu	5:40 pm-6:40 pm	Kent Commons	Hedrick	12/13-12/27*	\$12
	43343	W	5:00 pm-6:00 pm	Kent Commons	Sauro	9/7-9/28	\$16
	43344	W	5:00 pm-6:00 pm	Kent Commons	Sauro	10/5-10/26	\$16
	43345	W	5:00 pm-6:00 pm	Kent Commons	Sauro	11/2-11/30*	\$16
<b>Zumba Gold</b> Same great workout as Zumba but lower impact and slower pace makes this class perfect for beginners.	43346	W	5:00 pm-6:00 pm	Kent Commons	Sauro	12/7-12/28	\$16
	43357	Th	5:20 pm-6:35 pm	Kent Commons	Kebba	9/1-9/29	\$20
	43358	Th	5:20 pm-6:35 pm	Kent Commons	Kebba	10/6-10/27	\$16
	43359	Th	5:20 pm-6:35 pm	Kent Commons	Kebba	11/3-11/17*	\$8
	43360	Th	5:20 pm-6:35 pm	Kent Commons	Kebba	12/8-12/29	\$16
	43347	M	5:30 pm-6:30 pm	Kent Commons	McClean	9/12-9/26	\$12
	43348	M	5:30 pm-6:30 pm	Kent Commons	McClean	10/3-10/31	\$20
	43349	M	5:30 pm-6:30 pm	Kent Commons	McClean	11/7-11/28	\$16
	43350	M	5:30 pm-6:30 pm	Kent Commons	McClean	12/12-12/19	\$8
	43353	W	6:05 pm-6:50 pm	Kent Commons	Oppliger	9/7-9/28	\$16
	43354	W	6:05 pm-6:50 pm	Kent Commons	Oppliger	10/5-10/26	\$16
	43355	W	6:05 pm-6:50 pm	Kent Commons	Oppliger	11/2-11/30	\$20
	43356	W	6:05 pm-6:50 pm	Kent Commons	Oppliger	12/7-12/28	\$16

\*No class 11/10, 11/11, 11/23, 11/24, 11/25, 12/1, 12/2, 12/5, 12/24, 12/31

# CHRISTMAS RUSH CULTURAL ARTS

## 29th Annual Kent Parks 5K/10K Christmas Rush Fun Run and Walk Saturday, December 10

Due to flood control devices placed on the Green River Trail, the Christmas Rush Fun Run will take place at the Riverbend Golf Course parking lot just off of Meeker Street. Parking for the race will remain at Russell Road Park as in years past. Once you park, you will see signs directing you to the registration/starting area at Riverbend Golf Course. Please allow additional time to get to the registration and starting area. To park: Russell Road Park, 24400 Russell Road

**5K Men's and Women's Run, 9:50 a.m.**  
**10K Men's and Women's Run, 10:00 a.m.**  
**5K Recreational Walk (non-competitive)**

Pre-registration by December 2

- Run/Walk only.....\$10  
Including long-sleeved t-shirt .....\$25

Fee **after** December 2

- Run/Walk only.....\$20  
Including long-sleeved t-shirt .....\$35  
(If available)

**Call (253) 856-5050 for more information.**

Return Registration Form and Fee to:  
Kent Parks, Registration, 525 4th Avenue North, Kent, WA 98032-4497

### Welcome to the City of Kent Parks, Recreation & Community Services' 29th Annual Christmas Rush 5K/10K Fun Run-Walk!

**Participants 13 & under race for FREE**  
**Courtesy of the Tab Wizard!**

**Register on-line at [active.com](http://active.com)**



**Saturday,  
December 10**  
**Registration 8:00 a.m.**  
**10K @ 9:50 a.m.**  
**5K @ 10:00 a.m.**

Name _____		Email address _____	
Address _____		City _____	State _____ Zip _____
Home Phone ( ) _____		Work Phone ( ) _____	
Birthdate _____		Age _____ Sex: Male <input type="checkbox"/> Female <input type="checkbox"/>	



<b>AGE</b>	<input type="checkbox"/> 13 & under free	<input type="checkbox"/> 14-18	<input type="checkbox"/> 19-24	<input type="checkbox"/> 25-29	<input type="checkbox"/> 30-34
	<input type="checkbox"/> 35-39	<input type="checkbox"/> 40-44	<input type="checkbox"/> 45-49	<input type="checkbox"/> 50-54	<input type="checkbox"/> 55-59
	<input type="checkbox"/> 65-69	<input type="checkbox"/> 70+	<input type="checkbox"/> Wheelchair		

#### RUN/WALK CHOICE

- |  |   |
|--|---|
| <input type="checkbox"/> 5K Men's Run, 42741                           | <input type="checkbox"/> 5K Women's Run, 42743  |
| <input type="checkbox"/> 10K Men's Run, 42742                          | <input type="checkbox"/> 10K Women's Run, 42744 |
| <input type="checkbox"/> 5K Recreational Walk (non-competitive), 42745 |   |

#### PRE-REGISTRATION

Run/Walk only \_\_\_\_\_ \$10\*  
Run/Walk & Shirt \_\_\_\_\_ \$25\*

#### REGISTRATION AFTER DEC 3:

Run/Walk only \_\_\_\_\_ \$20\*  
Run/Walk & Shirt\*\* \_\_\_\_\_ \$35\*

\* Inclusive of WA State Sales Tax 9.5%

\*\*If available

#### Long-Sleeved T-Shirt

Adult Sizes ☐ X-Sm ☐ Sm  
☐ Med ☐ Lg ☐ X-Lg ☐ XX-Lg

**GRAND TOTAL**



I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities. In case of injury or damages, I do hereby release and hold harmless the City of Kent, its elected and appointed officials and employees, the organizers, sponsor, supervisor or any volunteer connected with the program from any and all claims, injuries, damages, losses or suits, including attorney fees, arising out of or in connection with the program. In the absence of signature, payment of fees and participation in the program shall constitute acceptance of the conditions set forth in the release.

I grant full permission to use any photographs, videotapes, motion pictures, recordings or any other record of this program for any City of Kent informational or promotional use.

Date \_\_\_\_\_

Signature of Participant  
(Parent/Guardian, if minor)



(Please indicate card and number)



Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Please print name as it appears on the card. DO NOT SEND CASH.

For Office Use Only



# CULTURAL ARTS SPOTLIGHT SERIES

## Spotlight 2011 • 2012 SERIES

Welcome to the Kent Arts Commission's 2011-2012 Spotlight Series. This season marks the 14th year that Spotlight Series has been bringing great family entertainment and a wide variety of performing arts to Kent stages. The Kent Arts Commission is proud to present these ten performances in venues that are close to home and easily accessible to Kent residents. See you at the shows!

### Amy Hanaiali'i



Amy Hānaiali'i is Hawaii's most respected and loved female vocalist, songwriter, composer and performer. Her success as a recording artist is evidenced by her status as Hawaii's top-selling female vocalist, as well as the multitude of awards and acknowledgements she has received, including four Grammy nominations for Best Hawaiian Music Album.

**SATURDAY, SEPTEMBER 24**

7:30 pm

Kent-Meridian Performing Arts Center

\$28 general, \$26 senior, \$20 youth

*Sponsored by*

*Kent Civic and Performing Arts*



### Riders in The Sky

America's favorite cowboys! For thirty years, Riders in The Sky have been keepers of the flame passed on by the Sons of the Pioneers, Gene Autry and Roy Rogers, reviving and revitalizing the Western music genre. They have become modern-day icons by branding the genre with their own wacky humor and way-out Western wit. They have chalked up over 5,400 concert appearances in all 50 states and 10 countries, appearing everywhere from Nashville to Carnegie Hall, and from county fairs to the Hollywood Bowl. Their cowboy charisma and comedic flair makes them naturals for TV and they have appeared with everyone from Barney to Penn & Teller. Their animated likenesses have shared the screen with Daffy Duck, but the animated character that history will most certainly link to Riders In The Sky is the lovable cowboy Woody, as Riders performed "Woody's Round Up" in "Toy Story 2," with the album of the same name garnering Riders their first Grammy Award in 2001 for "Best Musical Album for Children."

**FRIDAY, OCTOBER 14**

7:30 pm

Kentwood

Performing Arts Center

\$30 general, \$28 senior,

\$20 youth



### The Ruth Moody Band



**SATURDAY, OCTOBER 29**

7:30 p.m.

Kentwood

Performing Arts Center

\$24 general,

\$22 senior, \$18 youth

As a founding member of the internationally renowned, Billboard-charting trio The Wailin' Jennys and former lead singer of the Canadian

roots band Scrub MacDuhk (the band that would later become The Duhks), Ruth Moody has performed in sold-out venues around the world, made numerous critically-acclaimed albums, and has appeared more than a dozen times on the national radio show A Prairie Home Companion. Although best known for her work with The Wailin' Jennys, Ruth is an artist of exceptional depth and grace in her own right. Critics have lauded her ethereal vocals, impressive multi-instrumentalism and her talent as a songwriter. Writing with a maturity and wisdom that belies her age, her songs are timeless, universal, and exceptionally well-crafted, all sung with an intimacy and honesty that is unmistakably her own.

### Magical Strings

#### 25th Annual Celtic Yuletide Concert



**SUNDAY, DECEMBER 4**

3:00 p.m.

Kent-Meridian

Performing Arts Center

Tickets: \$22 general, \$20

senior and \$16 youth



The Boulding Family's musical celebration of the holiday season is a treasured tradition and this year marks the 25th anniversary of Magical Strings' Celtic Yuletide in Kent. Once again, Pam and Philip Boulding are joined by their children, grandchildren and guests for an afternoon of enchanting Yuletide music. The Bouldings perform on Celtic harps, hammered dulcimers, whistles, strings, percussion and harp-like instruments from around the world. Guests add Irish step dancing, drumming and storytelling for a festive and memorable performance. Don't miss this special anniversary performance.

## "A Charlie Brown Christmas" with David Benoit



**SATURDAY, DECEMBER 10**

7:30 p.m.

Kentwood

Performing Arts Center

Tickets: \$35 general,

\$30 senior, \$20 youth

*Sponsored by Kent Civic and Performing Arts*



"A Charlie Brown Christmas" debuted as an animated television special in 1965. For more than 40 years, it has been a tradition enjoyed around the world by fans of all ages. Contemporary jazz piano legend, David Benoit pays tribute to this incredible piece of entertainment history. This inspirational concert features the classic music of Vince Guaraldi, along with Charlie Brown Christmas originals from David Benoit who took over as music composer for the new Charlie Brown Christmas TV specials more than a decade ago. The heartwarming show also features

local young voices of the Rainier Youth Choral.

## Jeffery Broussard & the Creole Cowboys



**FRIDAY, JANUARY 20**

7:30 p.m.

Kent-Meridian

Performing Arts Center

\$28 general, \$26 senior,

\$20 youth

*Sponsored by Kent Civic and Performing Arts*

Over his 40 year career (he started playing drums in his father's renowned band at the age of 8), Jeffery Broussard has gained the reputation as one of the greatest accordion players and vocalists to come out of the Creole culture. Jeffery sings with emotion and soul, and his instrumental prowess includes range seldom seen in Zydeco – from traditional songs from the old masters to originals, single note and triple note accordion to fiddle. The New York Times

lauded the Creole Cowboys as "fabulous: You start moving in your seat as soon as their rhythmic, rich melodies, both joyous and mournful, flood the theater."

**Partial funding from WESTAF**

## New Shanghai Circus

Astonishing athletes defy gravity and execute breathtaking



**WEDNESDAY, FEBRUARY 15**

7:30 p.m.

Kentwood

Performing Arts Center

\$35 general,

\$30 senior, \$20 youth



feats as they stretch the limits of human ability in this spellbinding show. Direct from China, the New Shanghai Circus has been wowing audiences for more than 16 years. The troupe's acrobats, jugglers and contortionists bring more than 2,000 years of Chinese circus traditions to the stage with boundless energy.

## Bettye LaVette



**SATURDAY, MARCH 10**

7:30 p.m.

Kentwood

Performing Arts Center

\$30 general, \$28 senior,

\$20 youth

*Sponsored by*

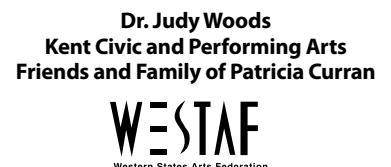
*family and friends of*

*Patricia Curran*

Bettye LaVette is one of the greatest soul singers in American music history and a 2011 GRAMMY nominee for Best Contemporary Blues Album. She melds elements of country, soul, Blues, folk, pop, jazz, gospel and R&B seamlessly. Her incredibly expressive voice both exudes a formidable level of strength and intensity and can appear vulnerable and reflective. The New York Times says, "Ms. Lavette now rivals Aretha Franklin as her generation's most vital soul singer."

### Sponsors

**Spotlight Series is presented by the Kent Arts Commission and City of Kent Parks, Recreation and Community Services Department with the support of these following sponsors.**



## Sister's Easter Catechism "Will My Bunny Go To Heaven?"



**FRIDAY, MARCH 30**

**7:30 p.m.**

**Kentwood**

**Performing Arts Center**

**\$28 general, \$26 senior, \$20 youth**

*Co-sponsored by Curran Law Firm*

Celebrate the Easter Season with Sister as she answers time worn questions like "Who was Mary Magdalene?", "Why isn't Easter on the same day every year like Christmas?", and "Will My Bunny Go To Heaven?". Part pageant, and wHOLY hysterical, this latest of the sinfully funny Late Nite Catechism series unearths the origins of Easter bunnies, Easter eggs, Easter baskets, Easter bonnets, and, of course, those yummy Easter Peeps. Get ready to participate as Sister runs her own version of the Easter Egg Hunt, with special rewards, and candy giveaways. Bring the whole family, don your bonnet, and join Sister for this new seasonal treat!

## The Brubeck Brothers Quartet



**FRIDAY, APRIL 6**

**7:30 p.m.**

**Kentwood**

**Performing Arts Center**

**\$28 general, \$26 senior, \$20 youth**

The Brubeck Brothers Quartet features Daniel Brubeck (drums) and Chris Brubeck (bass and trombone) – both sons of legendary jazz pioneer Dave Brubeck. Guitarist Mike DeMicco and pianist Chuck Lamb complete this dynamic quartet. Although their music is rooted in "straight-ahead" jazz,

their concerts reveal an inherent ability to explore and play odd time signatures while naturally integrating the influences of funk, blues and world music. The group's creativity, technique and improvisation can be heard in their uncompromising music, which reflects their dedication to melody, rhythm, culture and the spontaneous spirit of jazz.

**Partial funding from WESTAF**

### PERFORMANCE LOCATIONS:

- Kent-Meridian High School  
Performing Arts Center,  
10020 SE 256th Street, Kent
- Kentwood High School Performing Arts  
Center, 25800 164th Avenue SE, Covington

### DIRECTIONS AND PARKING:

Locations are on Kent's East Hill, a short drive (approximately 30–40 minutes) from Seattle and Tacoma. For directions see [www.kentarts.com](http://www.kentarts.com) or call (253) 856-5051. Free parking is available in the school lots.

### POLICIES AND INFORMATION:

#### Senior and youth tickets

- Age 55 and older qualifies for senior ticket rates.
- Age 25 and younger qualifies for youth ticket rates.

#### Refunds/exchanges

- No refunds or exchanges—ticket purchases are final.

#### Seating

- All seating for Spotlight Series events is assigned/reserved.
- Seating will begin 30 minutes prior to performance time.
- Late seating is not guaranteed and is at the discretion of the performers and House Manager.

### Special Needs

Please let us know in advance how we might be able to help and we will provide reasonable accommodations to those needing special assistance. For wheelchair seating, please advise when purchasing tickets.

### Children

- Spotlight Series is family friendly and offers some performances that are especially well-suited for kids and families. Those performances are designated as "Spotlight for Families" shows. Other performances may not be appropriate for young children—please use discretion when choosing performances for young patrons.
- Spotlight Series does not allow "Babes in Arms," with the exception of Spotlight for Families performances: Children over 12 months must have a ticket for these shows.

### TICKET INFORMATION:

#### Subscriptions

- Create your own subscription series—Purchase tickets to any four or more separate performances and receive 10% off on each ticket price.

**All tickets must be purchased in the same transaction.**

### Group Rates

- Buy 10 or more tickets to any one performance and receive 10% off.
- Buy 20 or more tickets to any one performance and receive 20% off.

**All group tickets must be purchased in the same transaction to receive the discount and must be purchased by calling or visiting the box office (no group discounts on-line).**

### FOR TICKETS...

- Purchase on-line at [www.kentarts.com](http://www.kentarts.com)—Look for the "purchase tickets" link.
- Call (253) 856-5051, Monday–Saturday. A Visa or Mastercard is required for phone orders.
- Walk in to the Kent Commons, 525 4th Avenue North, Kent, Monday–Saturday. Phone and walk-in hours are: Mon.–Thurs. 6 a.m. to 10 p.m., Fri. 6 a.m. to 9 p.m. and Sat. 8 a.m. to 9 p.m.

Spotlight Series is presented by the Kent Arts Commission and City of Kent Parks, Recreation and Community Services Department.



# ADULT 50+ PROGRAMS

## OPERATING HOURS

**M–F: 8:30 am–4:30 pm\***

**\*Extended hours**

**Tuesday to 9:45 pm**

**Wednesday to 9:00 pm**

### Kent Senior Activity Center

**600 East Smith Street, Kent, WA 98030  
(253) 856-5150**

The Kent Senior Activity Center features daily recreation activities, including lunch, classes, workshops, trips, health screenings, health and insurance sessions and Fitness Center for adults 50+.

### Classes & Workshops

Kent Senior Activity Center offers a wide variety of educational opportunities. Our computer class offerings include everything from keyboarding (typing), to digital scrap booking. If you're a beginner, we offer you a good introduction to computers. When you're ready to take on more challenging computer learning, we offer intermediate to advanced classes. Fitness is a big part of our Center's class program and includes yoga, line dancing, aerobics, and more.

For the creative or creative wannabes we offer mixed media, watercolors, and creative writing and acrylics.

Dust off your driving skills and save on car insurance by taking an AARP Defensive Driving class. Check the Senior Center Bulletin for the current class schedule. New educational opportunities are continually being introduced at the Kent Senior Activity Center.

### Health Screenings & Information

Blood pressure checks are Tuesdays 10:30 a.m.–Noon. Foot Care is every Tuesday from 9:30 a.m.–3:00 p.m. Massage Therapy, Wednesday and Thursday 10:00 a.m.–noon. Health insurance counseling is available the second Monday of the month by appointment.

### Special Interests

**Recycled Greeting Cards** – Mon., 1:00 p.m.

**Fishing Fly Tying** – Tues., 9:30 a.m.

**Stamp Collecting** – Tues., 2:00 p.m.

**Bring Your Own Crafts** – Wed., 9:00 a.m.

**Woodcarving** – Wed., 9:30 a.m.

**Hooks 'n Needles** – Thurs., 1:00 p.m.

**Ukulele Singers** – 1st & 3rd Thurs., 1:00 p.m.

**Conversation Club** – 2nd Fri., 1:30 p.m.

## SINGING, DANCING, DRAMA

<b>Kent Senior Ensemble</b>	Seasonal singing in 4-part harmony	Seasonal - 1st & 3rd F 9:30-10:30 a.m.
<b>Radio Drama Players</b>	Reading, rehearsing and performing dramas of yesterday	Seasonal - M 10:00-11:00 a.m.
<b>Tuesday Dances</b>	Daytime Free/ Evening \$4 (Includes snacks)	Tu 1:15 p.m. & 7:30 p.m.
<b>Square Dancing</b>	\$3 payable at the door	Th 1:15 p.m.

## BOOKS & POETRY

<b>Poetry Club</b>	Writing, reading & critiquing poetry	Seasonal - 1st & 3rd F 10:45-11:45 a.m.
<b>"Tattered Pages" Book Club</b>	Refreshments & events Co-sponsored by Auburn Meadows	1 <sup>st</sup> W 1:00–2:30 p.m.

## FITNESS CLASSES

<b>Aerobics</b>	Course Fee/Pre-registration	M & W 10:00 a.m.–11:00 a.m.
<b>Chi Gong</b>	Free	Th 9:30 a.m.
<b>Stretch 'N Strength</b>	Course Fee/Pre-registration	Tu & Th 9:00–10:00 a.m. or 10:15–11:15 a.m.
<b>DVD Aerobic Walking</b>	Free	F 9:00–9:30 a.m.
<b>Yoga</b>	Course Fee/Pre-registration	F 9:45–10:45 a.m.

## GOLFING

<b>Bi-Monthly Trip</b>	Regional courses	Fee is location dependent
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## HIKING

<b>Bi-Monthly Trip</b>	Regional trails	Fee is location dependent
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## FISHING

<b>Bi-Monthly Trip</b>	Regional lakes, rivers and Sound	Fee is location dependent
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## WALKING

<b>Bi-Monthly Trip</b>	Regional walking trails	Fee is location dependent
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## WEEKLY ACTIVITIES

<b>Wii</b>	Free bowling, golf, tennis & more	M & F 1:00–3:00 p.m.
<b>Koffee Klatch by Stafford Suites and A &amp; H Drugs</b>	Free coffee and music, door prizes	M 11:00 –Noon
<b>Juice 'n Jazz by Stafford Suites</b>	Free juice samples, live jazz and door prizes	1 <sup>st</sup> Tu 12:30–1:15 p.m.
<b>Games</b>	Pinochle, bridge, chess, cribbage, hand & foot, sheepshead, stamp collecting, whist, dominoes, mah jong, ping pong, canasta	Details: www.kent50plus.com



## ADULT 50+ PROGRAMS

# 25th ANNUAL Holiday CRAFT MARKET

Friday, November 4, 9:00 a.m.-5:00 p.m.

Saturday, November 5, 9:00 a.m.-4:00 p.m.



- Beautiful, hand crafted gifts
- Figgy Pudding dessert sale
- Lunch
- Festive music



## Wellness Opportunities - from Head to Toe

### • Acupuncture

Dr. Marc Imlay has practiced acupuncture for over 22 years. He asserts that because acupuncture works by encouraging self-healing, the patient's overall health is improved as well as the symptoms being treated.

- Dr. Imlay will be available for appointments the 1st, 3rd, 4th and 5th Mondays of the month, from 10:00 a.m. to 12:30 p.m., and the 2nd Thursday of the month from 2:30-5:30 p.m. \$35 for those 65+ or those 50-65 without insurance. Call for an appointment (253) 856-5150.

### Foot clinic

Every Tuesday from 8:30 a.m.-3:00 p.m., Karen Poppleton, licensed nail technician, and associate provide foot care services. The fee of \$27 is very competitive. Call (253) 856-5159 for an appointment.

### • Healthy Smiles

Affordable teeth and dental cleaning for 60+. Dental hygienist, Darcy Spencer-Wenger, provides oral hygiene service for older adults. The \$78 fee includes fluoride varnish. First Friday of the month. Call (253) 856-5150 for appointment.

### • Reflexology

Kay Morris Johnson RPT, will join us in September to share her Reflexology practice. Reflexology is a gentle art/science that speeds healing and reduces stress by massaging the feet and hands. Other benefits of Reflexology are enhanced circulation, cleansing the body of toxins, and stimulating creativity and productivity. You can schedule a Wednesday afternoon appointment by calling (253) 856-5150.

### • Massage Therapy

Claudia Walker has been giving people relief and comfort during massage sessions at the Senior Center for over 15 years. Her regular clients could not get along without her. Join Claudia's growing list of clients by calling (253) 856-5150 for an appointment on Tuesday or Wednesday from 10:00 a.m. - 12:00 p.m. \$37 for one hour, \$27 for 1/2 hour.

### • Counseling Program

- **Valley Cities Counseling** provides a variety of counseling services free of charge at the Senior Center each week. Individual sessions are strictly confidential. 2nd & 4th Mondays 10:00 a.m.-2:00 p.m.

- **Support Group** Enjoy the company of others who are seeking support as they go through life's transitions. Mondays, 10:00 a.m.-11:00 a.m.

- **Grief Support** Eight week sessions explore the stages of grief. Your needs will be met with compassion and understanding. Next session begins late September.

- **Be Well Workshops** Knowledge is power. Learn your way to wellness. Interesting discussions that range from nutrition to the arts all with reference to living a healthier life style. Call Judy for additional information and appointments. (253) 856-5167

- **Alzheimers' Support** First Wednesday of the month.

Download the  
Senior Activity Brochure at  
**kent50plus.com**

## Destination Adventures

### Skiing

- Leavenworth Cross-Country - **Jan. 19-20, 2012**
- Stevens Pass/Mission Ridge Downhill - **Feb. 2-3, 2012**
- Coeur'd Alene Ski Getaway - **Feb. 13-17, 2012**
- Red Mountain, BC Ski Adventure - **Mar. 4-6, 2012**

### Fishing

- Olympic Peninsula Fall Salmon Guided Fishing - **Nov. 2011**
- Olympic Peninsula Winter Steelhead Guided Fishing - **Dec. 2011**

### Hiking

- Columbia Gorge Hiker's Getaway - **Sept. 21-22, 2011**

### Weekly Ski Trips

- Downhill Ski Trips - Fridays - **Dec. to March** at Crystal Mountain
- Cross-country - Tuesdays - **Dec. to March** at Crystal, Stevens, & Snoqualmie Pass.

**General Travel 2012 Schedule coming soon**



**Special  
Wellness Event**  
sponsored by FD Cares  
Details in  
Senior Center Bulletin



**Weekdays, \$6 all ages  
11:45 a.m. to 1:00 p.m.**

**Wednesday Deli Only  
\$5 all ages**

**For update, call  
Menu Hotline:  
(253) 856-5155, #1**

## Special Lunches

### Rotary Luncheon

- **Sept. 20**  
\$2 for first 100 lunches, then \$6

### Fall Luncheon

- **Sept. 30 - Noel Sisters**  
\$7 all ages  
Co-sponsored by Stafford Suites

### Firefighters Foundation Luncheon

- **Oct. 14**  
Free tickets while they last beginning Monday, October 3 at 10:00 a.m.

### WSRCC Luncheon

- **Oct. 19**  
Complimentary tickets while they last beginning Monday, October 3

### Thanksgiving

- **Nov. 18** \$7 all ages

### Christmas

- **Dec. 9** \$7 all ages

### Firefighters Foundation Luncheon

- **Dec. 16** Free tickets for first 100 volunteers Nov. 1 & 2



*Noel Sisters entertain Sept. 30 at the Fall Luncheon*

## Fitness Center

### Be better than ever!

Cardio and strength equipment.  
Personal trainer on request (\$25 an hour).

**50+** \$1.50 per visit, \$12.50 per month

**Under 50** \$3 per visit, \$25 per month

Membership cards are available with discounts for 3 month and 1 year cards  
Personal Trainers

**John Dineen (253) 820-5623**

**Denise McArthur (206) 719-6094**

# KENT COMMONS

## OPERATING HOURS

**M–Th: 6:00 am–10:00 pm**  
**F 6:00 am–9:00 pm**  
**Sa 8:00 am–9:00 pm**

**Call (253) 856-5000**  
**for more information**

### Kent Commons

The Kent Commons is a public recreational facility that is home to a wide variety of physical and cultural activities.

Phone: (253) 856-5000

Fax: (253) 856-6000

Direction Line: (253) 856-5025

Website: [KentWA.gov/kentcommons](http://KentWA.gov/kentcommons)

### Reception Halls, Meeting Rooms, Auditoriums

The Kent Commons offers six meeting rooms and two reception halls/auditoriums varying in size and able to accommodate groups up to 300. The double gymnasium is also available to rent for larger events. Call (253) 856-5000 for availability and rental rates.



**jazzercise®**

### Schedule and instructors

#### MORNINGS

Tu, Th Susan 9:15 am–10:15 am  
 Sa Susan 9:00 am–10:15 am

#### EVENINGS

Tu, Th Susan 6:45 pm–7:45 pm  
 For more information call (253) 856-5000.  
 See page 26 for schedule.



## OPEN PARTICIPATION PROGRAMS

Day	Time*	Fee
<b>Basketball</b>		
<b>Tu–Th</b>	<b>11:30 am–1:30 pm</b>	<b>Free</b>
The gymnasiums are also available for team rentals.		
<b>Racquetball (253) 856-5010</b>		
M–Th	6:00 am–10:00 pm	\$7/hr
F	6:00 am–9:00 pm	\$7/hr.
Sa	8:00 am–9:00 pm	\$7/hr.
Senior citizen rate is \$3.50 per hour for selected times only.		
<b>Table Tennis/Ping Pong</b>		
F–Sa	Call for availability	\$7/hr
<b>Conditioning Room</b>		
M–Th	6:00 am–10:00 pm	\$2
F	6:00 am–9:00 pm	\$2
Sa	8:00 am–9:00 pm	\$2
Conditioning room pass (unlimited use) \$12.50 per month or \$37.50 per quarter. 50% off for adults 55+*. *All hours are subject to occasional schedule changes.		

## SPORTS & FITNESS

Facilities available for community use within the Kent Commons Community Center include:

- Double gymnasium equipped for volleyball, basketball, badminton, etc.
- Fully-equipped conditioning room/Nautilus weight machines, treadmills, stair climbers and exercise bikes
- Handball/racquetball courts
- Mini-gym for exercise and dance classes
- Music room: hourly rate for piano practice
- Showers and coin-operated lockers
- Vending area with snacks and beverages
- Walleyball

## A Helping Hand

The City of Kent Human Services Division provides a wide variety of Resource & Referral information to help link City of Kent citizens with service providers who can help them meet their needs. Every day there is someone in our City who needs a helping hand. They may need food bank services to stretch the grocery budget, job training to enter the work

force or therapy for a developmentally disabled child. These are just a few of the community services the City funds.

Other services include:

- Providing advocacy services when needed
- Providing community information for individuals interested in volunteering for local agencies

- Providing Kent residents with assistance in assessing human services

If you or someone you know needs assistance with a human service issue, call the Housing & Human Services Division at **(253) 856-5070** or the Resource & Referral Line at **(253) 856-5062**.

## What should I do to get my home ready for winter?

Winter is just around the corner and that makes it a great time to get your furnace cleaned. Over time and with continued use furnaces get gunked up with dust, dirt and hair making them less efficient. Clean furnaces make for better energy efficiency and a safer home.

Kent Home Repair has been helping City of Kent residents stay safe and on top of health and safety repairs for over 35 years now. If you qualify you too could be eligible to receive services for health and safety home repairs including furnace servicing, roof repair, hot water tank replacement, electrical, plumbing repairs and much more.

To qualify for the Kent Home Repair Program you must live within the City limits and have owned your home for a minimum of one year as well as meet income restrictions based on the number of residents in your home. Mobile homes must be 1976 or newer and the owner must be senior and/or disabled. To see if you can qualify or to apply, call **(253) 856-5065** or go online

at <http://KentWA.gov/humanservices> to download an application.

Aside from doing the repairs our professional staff are knowledgeable resources for those sometimes hard to figure out home repair questions. Here are some do-it-yourself weatherization tips that could help you save energy and money during the cooler winter months:

- Caulk and weatherstrip doors and windows that leak air.
- Caulk and seal air leaks where plumbing, ducting, or electrical wiring penetrates through exterior walls, floors, ceilings, and soffits over cabinets.
- Install rubber gaskets behind outlet and switch plates on exterior walls.
- Look for dirty spots in your insulation, which often indicate holes where air leaks into and out of your house. You can seal the holes by stapling sheets of plastic over the holes and caulking the edges of the plastic.

- Install storm windows over single-pane windows or replace them with double-pane windows. Storm windows as much as double the efficiency of single-pane windows and they can help reduce drafts, water condensation, and frost formation. As a less costly and less permanent alternative, you can use a heavy-duty, clear plastic sheet on a frame or tape clear plastic film to the inside of your window frames during the cold winter months. Remember, the plastic must be sealed tightly to the frame to help reduce infiltration.

- When the fireplace is not in use, keep the flue damper tightly closed. A chimney is designed specifically for smoke to escape, so until you close it, warm air escapes—24 hours a day!

Do you have a question for us? Email your home repair questions to **humanservices@KentWA.gov** and our professional staff will get back to you with a solution.

## NEIGHBORHOOD PROGRAM

### Build Your Neighborhood Strength

**The Neighborhood Program recognizes unique neighborhoods in the community. One of the main goals is to build partnerships between the City and its residents. When a neighborhood forms a Neighborhood Council it receives:**

- Staff to work with your neighborhood in organizing and working with the City
- Information about your neighborhood on the City's web site
- Publicity for neighborhood events on Kent TV21, the City's cable access station
- Technical assistance, workshops, and information about neighborhood events
- Matching grant funds for neighborhood improvement projects

Visit [KentNeighborhoodProgram.com](http://KentNeighborhoodProgram.com) or contact Toni Azzola, Neighborhood Program Coordinator at **(253) 856-5708** or **tazzola@KentWA.gov** for further information.





## Fall Community Volunteer Events

For corporate groups, students earning community service hours, scouts working toward badges, faith-based communities, clubs and individuals who enjoy making a difference in just a few hours, here are some great opportunities:

- **September 24: National Public Lands Day at Lake Fenwick Park** (*REI is a partner*)
- **October 8: ReLeaf at Clark Lake Park**
- **October 22: Make a Difference Day at Salt Air Vista Park**

Pre-registration three days before each event is required. Check our web page for the forms ([www.KentWAParks.com](http://www.KentWAParks.com), click on Volunteer) or call (253) 856-5110.



## Neely-Soames Historic Homestead – Annual Open House



The King County Master Gardeners, whose volunteers tend the grounds at the Neely-Soames Historic Homestead, hold an annual open house in August. This year, the event celebrates the 10th anniversary of the ribbon-cutting ceremony opening up the home to the public. The date is Saturday, August 20, 10 a.m.-2 p.m.

The Neely-Soames Historic Homestead is located along the Green River Trail

at 5311 S. 237th Place, just north of the Russell Road Athletic Complex. Built in 1854, it is one of the oldest houses in Kent and was listed on the State Register of Historic Homes in 1977. It underwent significant renovations in 1999 and 2000, supported by the Washington State Historical Society, King County and the city of Kent. The garden and grounds are open year-round. A self-guided tour brochure is available; call (253) 856-5110.

## Green KENT Partnership Stewards Building Momentum



Kent Parks' Tony Donati puts his Green Kent stewards' T shirt to work

Have you seen people wearing lime green, reflective T-shirts with "Ask me about the Green Kent Partnership" on the back? They're trained volunteer stewards. Green Kent's 20-year plan to restore Kent's 1,500 acres of urban forests and natural areas has gotten underway. A key element to the project's success is trained volunteer stewards. Each steward gets to select a park or other natural area and can either work alone or lead volunteer work parties. The Partnership set a 2010 goal of six active stewards, and we surpassed

that with 20 trained stewards, nine of them already very active. The stewards set their own work schedule, so if you enjoy environmental restoration and community service, this is another opportunity to get involved. Go to [www.greenkent.org](http://www.greenkent.org) and find out when the next work parties are. If you are interested in becoming a Green Kent steward, contact [vandrews@KentWA.gov](mailto:vandrews@KentWA.gov) to find out when the next orientation and training session is planned.

## Reservation Policy

- Reservations start February 6, 2012.
- Please call (253) 856-5000 for park rentals.
- Payment is due upon receipt of application.

## Park Use Fees

Park use fees are based on the number of people attending the event and for each picnic shelter required for the size of group.

Daytime/ Evening Rental (9 am to 2 pm, 3 pm to dusk)	All Day Rental (9 am to dusk)
<b>1 to 60 guests</b>	\$75 \$125
<b>61 to 120 guests</b>	\$100 \$175
<b>121 guests or more**</b>	\$150 \$250

If a group exceeds the capacity limit of requested shelter, group will be required to reserve an additional shelter.

\*\*Groups larger than 120 guests must have prior approval from Parks Rental Coordinator.

Additional fees may be assessed depending on the type of activity/event planned.

## Reception Hall Rental Facilities

The following rooms and facilities are a great place for a wedding reception, birthday party, holiday event, or company meeting. For more information, call (253) 856-5000 or the number noted.

### Kent Commons

525 Fourth Avenue N. • Call (253) 856-5000.

- **Crystal Mountain Hall**
- **Multi-Purpose Room #1 or #2**
- **Green River Room**

### Kent Memorial Park Building

850 N. Central.

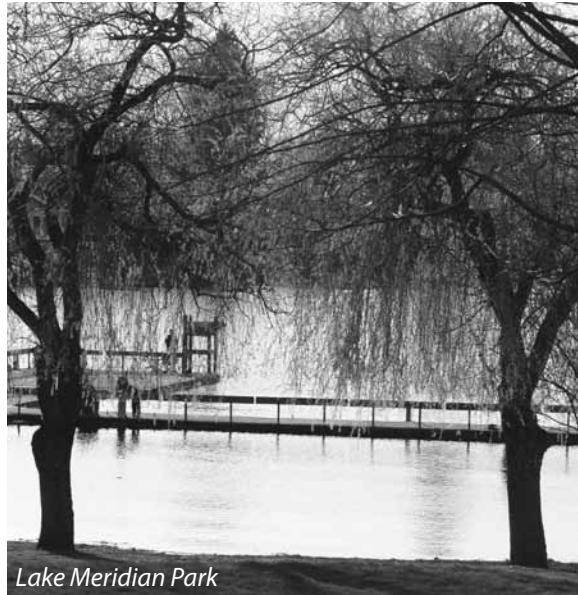


### Kent Senior Activity Center (above)

600 E. Smith St. • Call (253) 856-5150.

In addition to the many parks that the public can enjoy without charge, City of Kent Parks, Recreation and Community Services has park facilities that can be rented for picnics, meetings, family parties and athletic events. Stop by the Kent Commons building, 525 4th Ave. N., Kent, or call (253) 856-5000 for information.

## Park Rental Facilities



Lake Meridian Park

### Briscoe Park, S. 190th St.

Large walk-in park located near the Kent/Tukwila border. Features two large shelters, play area and portable toilet.

### Kent Memorial Park,

850 N. Central Avenue Located near downtown Kent. Features small picnic shelter, cooking grills, picnic tables, playground, public art and restrooms.

### Lake Meridian Park,

14800 S.E. 272nd St. Large covered shelter, cooking grills, large playfield, swimming beach, fishing, boat launch, public art, playground and restrooms.

### Mill Creek Canyon

### Earthworks Park,

742 E. Titus St.

An internationally recognized landscape designed by Herbert Bayer and the City of Kent's first designated landmark. Features the Earthworks, public art, paved walking trails, amphitheater with row seating and restrooms.



Mill Creek Canyon Earthworks Park

### Morrill Meadows,

10600 S.E. 248th St.

Located on East Hill of Kent. Features cooking grills, drinking fountain, greenbelt, multi-use playfield, parking, large picnic shelters, playground, public art, restrooms and trails.

### Russell Road Shelter,

24400 Russell Rd. S.

Features tables, cooking grills, shelter, water, playground, restrooms and horseshoe pits (not available on weekends during tournament play).

### Van Doren's Landing Park,

21901 Russell Rd.

Features two large picnic shelters, large playfield, restrooms, horseshoe pits, public art, paved walking trail and playground.



Morrill Meadows

# PARKS AND PROGRAM SITES

## **American Colleges of Mixed Martial Arts**

(ACMMA)  
4210 Auburn Way N, #5, Auburn  
(253) 854-7535

**Arbor Heights 360 Skate Park,**  
11525 SE 240 St

**Bereiter House/Greater Kent Historical Society Museum,** 855 E Smith St

**Boeing Employees Tennis Center,**  
6727 S 199 Pl

**Briscoe Park,** S 190 St

**Burlington Green,** W Meeker & Railroad Ave N

**Campus Park,** Canyon Drive & S 252 St

**Canterbury Park,** 24409 100 Ave SE

**Centennial Center,** 400 W. Gowe St.

**Chestnut Ridge Park,** 9901 S 203 St

**Clark Lake Park,** between SE 240 & SE 248  
@ 127 Ave SE

**East Hill Park,** 10920 SE 248

**Eastridge Park,** 143 SE & SE 257

**Fairwood Martial Arts,**  
17134 116 Ave SE, Renton  
(425) 255-8144

**First Ave Plaza,** 219 1 Ave S

**Foster Park,** 259 & 74 Ave S

**Garrison Creek Park,** 218 St & 98 Ave S

**Glenn Nelson Park,** Military Rd & S 268

**Grandview Off-Leash Dog Park,**  
3600 S 228th St, SeaTac

**Green View Park,** SE 277 Pl & 120 Pl SE

**Gym Starz Gymnastics,**  
21440 68 Ave S, Ste 107  
(253) 639-9339

**Hart's Gymnastics Center,**  
4520 "B" St, NW, #C, Auburn  
(253) 520-1973

**Kaibara Park,**  
1 Ave between W Smith & W Meeker St.

**Kent Bowl,** 1234 N Central Ave  
(253) 852-3550

**Kent Centennial Center,** 400 W Gowe St

**Kent Commons,** 525 4 Ave N

**Kent Kherson Peace Park,** 2 Ave & W Gowe St

**Kent Library,** 212 N 2 Ave

**Kent Lions Skate Park,**  
W Smith & Interurban Trail

**Kent Memorial Park Building,**  
850 N Central Ave

**Kent-Meridian Performing Arts Center,**  
10020 SE 256 St

**Kent Parks Community Center,**  
11000 SE 264 St

**Kent Meridian Pool,** 25316 101 St SE

**Kent Rotary Downtown Basketball Court,**  
James St (SE 240)

**Kent Senior Activity Center,** 600 E Smith St

**Kent Valley Ice & Events Centre,**  
6015 W James St

**Kentwood Performing Arts Center,**  
25800 164 Ave SE, Covington

**Kiwanis Tot Lot #1,** S. 1 Ave & W Crow St

**Kiwanis Tot Lot #2,** N. 2 Ave & W Cloudy St

**Kiwanis Tot Lot #3,**  
Alexander St between E Chicago & E Seattle St

**Kiwanis Tot Lot #4,** S 5 Ave & W Crow St

**Lake Fenwick Park,**  
25828 Lake Fenwick Road

**Lake Meridian Park,** 14800 SE 272 St

**Linda Heights Park,** S 248 & 35 Ave S

**Meridian Glen Park,** 137 Ave SE & SE 275 Pl

**Mill Creek Canyon Earthworks Park,**  
742 E Titus St

**Morrill Meadows Park,** 10600 SE 248 St

**Neely-Soames Historic Home,** 5311 S 237 Pl

**Northwest Cheer & Dance Academy,** (NCDA)  
1119 Central Ave. S.  
(253) 891-3210

**Old Fishing Hole,** Frager Rd, S of W Meeker St  
**Rosebed Park,**  
1 Ave between W Gowe & W Meeker St

**Riverbend Golf Complex,** 2019 W Meeker St

**Russell Road Park,** 24400 Russell Rd

**Salt Air Vista Park,** 24615 26 Pl S

**Saqra's Studio,** 23625 41st Ave.

**Scenic Hill Park,** 25826 Woodland Way S

**Service Club Ballfields,** 14402 SE 288 St

**Seven Oaks Park,** SE 259 St & 118 Pl SE

**ShoWare Events Center,** 625 W. James St  
(253) 856-6999

**SKIP/Children's Therapy Center (SKIP/CTC),**  
10811 Kent-Kangley Rd  
(253) 854-5660

**Soos Creek Maintenance Bldg,**  
24810 148 Ave SE

**Soos Creek Park/Gary Grant Park-King Co,**  
SE 208 @ 136 Ave SE

**Springwood Park,** SE 274 St & 128 Pl SE

**Three Friends Fishing Hole,** S 196 St & 58 Pl

**Titus Railroad Park,** 1 Ave & Titus St

**Town Square Plaza,** 2 Ave & Harrison St

**Turnkey Park,** 23312 100 Ave SE

**Uplands Playfields,** 836 W Smith St

**Van Doren's Landing,** 21901 Russell Rd

**West Fenwick Park,** 3824 Reith Rd

**West Hill Skate Park,** 42 Ave S & Reith Rd

**Willis Street Greenbelt,**  
W Willis between 4 Ave S & 6 Ave S

**Wilson Playfields,** 13028 SE 251 St

**Yangzhou Park,** Railroad Ave & W Smith St

## **KENT SCHOOL DISTRICT/ FEDERAL WAY SCHOOLS**

**Carriage Crest Elementary,** 18235 140 Ave SE

**Daniel Elementary,** 11310 SE 248 St

**East Hill Elementary,** 9825 S 240 St

**Emerald Park Elementary,** 11800 SE 216 St

**Fairwood Elementary,** 16600 148 Ave SE

**Glenridge Elementary,**  
19405 120 Ave SE, Renton

**Grass Lake Elementary,** 28700 191 Pl SE

**Horizon Elementary,** 27641 144 Ave SE

**Kent Elementary,** 24700 64 Ave S

**Kentlake High School,** 21401 SE 300 St

**Kent-Meridian High School,** 10020 SE 256 St

**Kent Mountain View Academy,**  
22420 Military Rd, S, Des Moines

**KentrIDGE High School,** 12430 SE 208 St

**Lake Youngs Elementary,** 19660 142 Ave SE

**Martin Sortun Elementary,** 12711 SE 248 St

**Meadow Ridge Elementary,** 27710 108 Ave SE

**Meeker Middle School,** 12600 SE 192 St, Renton

**Meridian Elementary,** 25621 140 Ave SE

**Meridian Middle School,** 23480 120 Ave SE

**Mill Creek Middle School,** 620 N Central Ave

**Millennium Elementary,** 11919 SE 270 St

**Neely-O'Brien Elementary,** 6300 S 236 St

**Northwood Middle School,**  
17007 SE 184 St, Renton

**Panther Lake Elementary,** 20831 108 Ave SE

**Park Orchard Elementary,** 11020 SE 232 St

**Pine Tree Elementary,** 27825 118 Ave SE

**Ridgewood Elementary,** 18030 162 Pl SE, Renton

**Sawyer Woods Elementary,** 31135 228 Ave

**Scenic Hill Elementary,** 26025 Woodland Way S

**Soos Creek Elementary,** 12651 SE 218 Pl

**Springbrook Elementary,** 20035 100 Ave SE

**Sunrise Elementary,** 22300 132 Ave SE

**Sunnycrest Elementary,** 24629 42 S (West Hill)

**Totem Middle School,** 26630 40 S (West Hill)

*Unless otherwise noted, all addresses  
are in Kent. For directions, go to  
[KentWA.gov/parks](http://KentWA.gov/parks)*



# REGISTRATION FORM

## KENT PARKS, RECREATION AND COMMUNITY SERVICES—PROGRAM REGISTRATION FORM

Parent/Account Holder's Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

206 253 360 425

206 253 360 425

206 253 360 425

Home Phone: \_\_\_\_\_ Mom Work Ph: \_\_\_\_\_ Dad Work Ph: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ ☐ Check if new address ☐ New phone

Participant Name	Birthdate	M/F	Grade	School	Course #	Class/Program	Dates	Days	Times	Fee

Help support your community by making a tax-deductible donation to:

♥ **Special Gifts for Special Needs:**  
Supports Adaptive  
Recreation activities.

★ **Scholarship Fund:** supports qualified  
low-income families participating in  
Recreation programs. *Thank you!*

♥ SPECIAL NEEDS DONATION:

★ SCHOLARSHIP FUND DONATION:

Discount/Gift Certificate Redeemed:

GRAND TOTAL

CLASS/PROGRAM TOTAL:

I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities. In case of injury or damages, I do hereby release and hold harmless the City of Kent, its elected and appointed officials and employees, the organizers, sponsor, supervisor or any volunteer connected with the program from any and all claims, injuries, damages, losses or suits, including attorney fees, arising out of or in connection with the program. In the absence of signature, payment of fees and participation in the program shall constitute acceptance of the conditions set forth in the release.

I grant full permission to use any photographs, videotapes, motion pictures, recordings or any other record of this program for any City of Kent informational or promotional use.

(Please indicate card and number)



Card #

Expiration Date

Please print name as it appears on the card.

**Mail fee and registration form to: Kent Parks, Recreation & Community Services, Kent Commons Registration  
525 Fourth Ave. North • Kent, WA 98032-4497  
Phone: (253) 856-5000 • Fax: (253) 856-6000**

**DO NOT SEND CASH**

Signature of Participant (Parent/Guardian, if minor)

Date

## POOL SCHEDULE

### KENT-MERIDIAN POOL 25316 101st Ave. SE (behind Kent-Meridian High School)

Fall 2011							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30–7:30 am	Available for Rental	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim 12-1 pm Public Swim 1-2 pm Women Only Swim TBA (contact pool) Available for rental
7:30–8:30 am		Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	
8:30–9:30 am		Water Exercise	Deep Water Exercise and Lessons	Water Exercise	Deep Water Exercise and Lessons	Water Exercise	
9:30–Noon		Lessons 9:30 - 11 Laps/Family 11-12	Lessons 9:30 - 11 Laps/Family 11-12	Lessons 9:30 - 11 Laps/Family 11-12	Lessons 9:30 - 11 Laps/Family 11-12	Laps/Family 11-12	
Noon–2 pm		Laps/Seniors & Family swims	Laps/Seniors 12 - 2 Arthritis Ex: 1-2	Laps/Seniors & Family swims	Laps/Seniors 12 - 2 Arthritis Ex: 1-2	Laps/Seniors & Family swims	
2–3 pm		High School	High School	High School	High School	High School	
3–6:30 pm		Swim Lessons, High School, King Aquatics	Swim Lessons, High School, King Aquatics	Swim Lessons, High School, King Aquatics	Swim Lessons, High School, King Aquatics	Swim Lessons, High School, King Aquatics	
6–8 pm		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	
8–9 pm		Lap/Family Swims	Public Swim	Lap/Family Swims	Public Swim	Lap/Family Swims	

For prices, please call the pool at: 253.854.9287 or visit us online at [www.kentmeridianpool.com](http://www.kentmeridianpool.com)






## Kent Parks, Recreation and Community Services

Kent Commons  
525 Fourth Avenue North  
Kent, WA 98032-4497

PRSRT STD.  
U.S. POSTAGE  
PAID  
Permit #137  
Kent, WA

# ECRWSS Residential Customer

 This publication is printed on recycled paper and can be recycled.

## REGISTRATION INFORMATION



### MAIL IN

Send form and payment to Kent Commons Registration, 525 Fourth Ave. N., Kent, WA 98032-4497. Make checks payable to City of Kent. Allow 3 days for mail delivery. Do not send cash.



### FAX

Fill out registration form. Include V/MC number and expiration date. Send to Kent Commons at **(253) 856-6000** 24 hours/day (will be processed the next working day; handled as mail-in registration).



### PHONE IN

**(253) 856-5000** Have charge card and guide handy! Fill out form before you call Monday-Thursday 6 am-10 pm, Friday 6 am-9 pm, Saturday 8 am-9 pm.



### WALK IN

Kent Commons, 525 Fourth Ave. N. (Corner of 4th and James) Monday-Thursday 6 am - 10 pm, Friday 6 am-9 pm, Saturday 8 am-9 pm.



### WEBREG

Visit our website at **webreg.ci.kent.wa.us** 24 hours a day! Have V/MC number, expiration date, client number and family PIN handy.

### POLICY

1. Register early to ensure likelihood of placement in class of first choice.
2. Registration is processed on a first come, first served basis.
3. For mail in or FAX registrations, you will be called for second choice if class is filled.
4. Confirmations are available upon request.
5. The Department has the right to change content and provision of classes.
6. There will be a \$25 fee for returned checks.

### REFUNDS/CREDITS

1. Full refunds will be given for any classes postponed, rescheduled or cancelled by the Department.
2. A \$5 service fee will be deducted from every approved refund.
3. Credit for the full registration may be issued in lieu of a refund. Credits will remain on your account for one year, at which time you will receive a refund for any amount over \$25.
4. Three days notice prior to class start date required on all requests for refunds or transfers.
5. No refunds will be given after one-half of program is over.
6. No refunds/transfers will be given for one-day workshops or classes once completed – no exceptions.
7. Some programs have specific refund policies. Please check prior to registration.

### SPECIAL NEEDS

1. People with special needs are encouraged to participate in any program.
2. If you have needs requiring special services, indicate this on registration form. For TDD users, call **1-800-833-6388**; Telebraille, **1-800-833-6385**; and Voice, **1-800-833-6384**. This service is provided by Washington State Telecommunications Relay Service at no cost except long distance charges.

### SCHOLARSHIPS

Kent Parks, Recreation and Community Services is dedicated to enriching lives. A goal within that mission is to ensure that every pre-school child and school-age youth residing within the City of Kent or Kent School District has full access to a wide variety of recreational opportunities regardless of family income or ability to pay.

Applications for assistance are available at the Kent Commons. Residency and other restrictions apply—please call **(253) 856-5000** for more information.